

Recipe Name: Sub Sandwiches

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>1/2 Sand</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>24 halves</u> Recipe Yield	
		Weight	Measure
Turkey Ham	Sliced	24 oz	
Swiss Cheese	Sliced	12 oz	
American Cheese	Sliced	12 oz	
Hoagie Buns	2 packs of 6		12
Romaine lettuce			
Optional:			
Mayo, mustard			

Directions:

Place two ounces of meat on each hoagie bun. (12 Hoagies)

Place one ounce of American cheese and one ounce of Swiss cheese on each hoagie.

Cut hoagies in half.

Optional: Sandwiches can be lightly spread with mayo and/or mustard before assembling.