

**Introduction:**

Name of Students: Aria, Lennox, Kaylin ,Ethan, Harper, Ryder, Xaiver

Grade of Students: 5th Grade

Product ; Meatball Meatball Meatball Sub

School Name: Truxton Academy Charter School

Teacher Name: Chelsea Lembo

**Product:**

*Description of your meal:* Our unique garlic bread meatball sub with different kinds of shredded cheese will make you want to sing, Meatball Meatball Meatball!”

*Slogan:* Meatball Meatball Meatball!

***Recipe:***

- 1) Create the meatballs by mixing ground beef with any seasonings you prefer, some onion, garlic, bread crumbs, and an egg. (For best flavor, use chuck cut ground beef.)
- 2) Make tennis sized meatballs and cook them for 17- 20 minutes at 400 degrees fahrenheit until the center is no longer pink.
- 3) While the meatballs cook, prepare the garlic bread. Spread garlic and butter onto the bun. Toast the bun in the oven for a few moments until the corners turn golden brown.
- 4) Once the meatballs are fully cooked, cut 2-3 meatballs in half and arrange them on the toasted toasted garlic bun.
- 5) Then put warm tomato sauce on the sub
- 6) Then sprinkle a mix of shredded cheese on the sub
- 7) Wash lettuce and cut the lettuce and place in a bowl
- 8) Wash and cut tomatoes and place with salad
- 9) And finally add some croutons
- 10) Enjoy!

*Nutrition Information: Per Serving*

<b>Meal Component</b>	<b>Ingredient</b>	<b>Measurement</b>
Meat/Protein	Ground Beef	Amount
Vegetable	Lettuce	¼ cup
Fruit	Apples	1-2 slices
	tomato	2-3 slices
	Berries	¼ cup
Dairy	Milk	1 cup
Grain	Garlic Bread	3 oz

*Storage & Handling:* What kind of storage and safe handling procedures should accompany your food? Store ground beef in the refrigerator or freezer prior to cooking.

*Marketing:* We created a commercial to inform (and entertain) people about our creation!