



Costanzo's
704153 - 12 Inch Wheat Submarine Roll

Hearty wheat flavor
Consistent size, texture, and mouth feel
Ideal for hot and cold sandwiches, meatball bombers, and more
Can be pressed on a panini grill
12 long roll with plain top, fully baked and sliced, frozen



* Benefits

Freezing fresh rolls halts the degradation of the product, so they will taste fresh when thawed properly no matter where you are located.
Reduce waste
When you use Costanzos thaw-and-serve rolls, you can control the amount of product you pull for varying traffic different days of the week and day parts.
Long Shelf Life
For fresh-tasting rolls, thaw at room temperature for 12 to 24 hours. Once thawed, store at ambient temperature and the rolls will stay fresh for 5 -7 days.

Ingredients

Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, And Folic Acid), Water, Sugar, Contains 2% Or Less: Cracked Wheat, Wheat Bran, Yeast, Salt, Palm Oil, Cultured Wheat Flour, Dough Conditioner (Wheat Flour, Malted Barley Flour, Enzymes, Ascorbic Acid), Molasses,Wheat Gluten, Caramel Color (Sulfites), Calcium Sulfate, Wheat Starch

⚠ Allergens

Contains:



Free From:



Nutrition Facts

Servings per Container 36
Serving size 85.0g (85g)

Amount per serving
Calories 240

% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol	%
Sodium 430mg	19%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 6g Added Sugar	%
Protein 8g	
Vitamin D	%
Calcium 67mg	6%
Iron 3mg	15%
Potassium 105mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep Frozen. Thaw Before Use.

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

📄 Product Specifications

Brand			Manufacturer			
Costanzo's			Dot Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	704153	704153	10635790001127		6/36 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
16.19lb	13.5lb	United States				
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
25in	13.25in	9.5in	1.82ft3	6x9	30days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	240	Total Fat	2g	Sodium	430mg
Protein	8	Trans Fats	0g	Calcium	67mg
Total Carbohydrates...	49g	Saturated Fat	0.5g	Iron	3mg
Sugars	4g	Added Sugars	6g	Potassium	105mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

