

# Grilled Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	<ol style="list-style-type: none"> <li>In a bowl, whisk together milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth.</li> <li>Place 2 oz (2 slices) of turkey ham on a slice of bread. For 24 servings, use 12 slices of bread. For 48 servings, use 24 slices of bread.</li> <li>Cover each with a second bread slice.</li> <li>Dip sandwiches in orange juice mixture to coat both sides.</li> <li>Place 6 sandwiches on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings use 4 pans.</li> <li>Bake until lightly browned:                      Conventional oven: 400° F for 15-20 minutes                      Convection oven: 325° F for 15-20 minutes                       CCP: Heat to 165° F or higher.</li> <li>CCP: Hold at 140° F or warmer.</li> </ol> <p>Cut each sandwich in half. Portion is ½ sandwich.</p>
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
OR		OR		OR	
Fresh large eggs		9 each		18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Turkey ham slices, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	
*Enriched wheat bread slices (at least 0.9 oz each)		24 slices		48 slices	

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SERVING:	YIELD:	VOLUME:
½ sandwich provides 1 ¼ oz of cooked lean meat and 1 slice of bread.	<b>24 Servings:</b> 3 lb 10 oz	<b>24 Servings:</b> 24 half sandwiches
	<b>48 Servings:</b> 7 lb 4 oz	<b>48 Servings:</b> 48 half sandwiches
Edited 2014		

Nutrients Per Serving			
<b>Calories</b>	168	<b>Saturated Fat</b>	1.36 g
<b>Protein</b>	10.13 g	<b>Cholesterol</b>	99 mg
<b>Carbohydrate</b>	20.91 g	<b>Vitamin A</b>	162 IU
<b>Total Fat</b>	4.69 g	<b>Vitamin C</b>	3.2 mg
		<b>Iron</b>	1.56 mg
		<b>Calcium</b>	40 mg
		<b>Sodium</b>	480 mg
		<b>Dietary Fiber</b>	1.2 g