

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|--|-------------|----------------------------|-------------|----------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Enriched white bread, sliced (at least 0.9 oz each) OR Enriched wheat bread, sliced (at least 0.9 oz each) | | 24 slices | | 48 slices | 1. On half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, place half the bread slices 6 per pan. For 24 servings, use 2 pans. For 48 servings, use 4 pans. |
| | | OR 24 slices | | OR 48 slices | |
| Reduced fat processed American cheese, sliced, 1 oz slices | 1 lb 8 oz | 24 slices (1 oz each) | 3 lb | 48 slices (1 oz each) | 2. Top each slice of bread with 1 oz (1 slice) of cheese, 1 ½ oz (1 slice) of tomato, and another 1 oz (1 slice) of cheese. Cover with remaining bread slices. |
| *Fresh tomatoes, 1 ¾ oz slices | 1 lb 5 oz | 12 slices (1 ¾ oz each) | 2 lb 10 oz | 24 slices (1 ¾ oz each) | 3. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes CCP: Hold for hot service at 140° F or warmer. |
| | | | | | 4. Cut each sandwich in half diagonally. Serve immediately. |
| | | | | | 5. Portion is ½ sandwich. |

* See Marketing Guide

| Marketing Guide for Selected Items | | |
|------------------------------------|-------------|-------------|
| Food as Purchased for | 24 Servings | 48 Servings |
| Tomatoes | 1 lb 9 oz | 3 lb 2 oz |

| SERVING: | YIELD: | VOLUME: |
|---|--|---------------------|
| ½ sandwich provides 1 oz of cheese, ⅛ cup of vegetable, and 1 slice of bread. | 24 Servings: 24 half sandwiches | 24 Servings: |
| | 48 Servings: 48 half sandwiches | 48 Servings: |
| | Edited 2014 | |

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Special Tip:

Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 195 | Saturated Fat | 5.76 g | Iron | 1.17 mg |
| Protein | 9.04 g | Cholesterol | 27 mg | Calcium | 210 mg |
| Carbohydrate | 17.03 g | Vitamin A | 498 IU | Sodium | 575 mg |
| Total Fat | 10.08 g | Vitamin C | 4.7 mg | Dietary Fiber | 1.0 g |