

Cookbook for Coal City CUSD 1

Created by HPS Menu Planner

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Grilled Cheese

Grilled Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GFS	2 Slice		231053
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360
MARGARINE SLD 30-1 GCHC	1 Tablespoon		733061

Preparation Instructions

Assemble sandwich with 2 pieces of wheat bread and 2 slices of American cheese

Lightly butter each piece of bread

Bake in oven (or cook on flat top) at 350 for approx. 10 minutes or until bread is toasted and cheese is melted

Serve

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 sandwich

Amount Per Serving			
Calories		390.00	
Fat		18.00g	
SaturatedFat		7.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		870.00mg	
Carbohydrates		42.00g	
Fiber		4.00g	
Sugar		6.00g	
Protein		13.00g	
Vitamin A	750.00IU	Vitamin C	0.00mg
Calcium	272.00mg	Iron	2.16mg