

# Toasted Cheese Sandwich-Northwood High

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19616
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD	2 Each	710650
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	100036
BUTTER PRINT UNSLTD GRD AA	2 Teaspoon	299405

## Preparation Instructions

Serve 2 sandwiches for high school.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	286.67		
<b>Fat</b>	14.33g		
<b>SaturatedFat</b>	7.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	480.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	82.00mg	<b>Iron</b>	2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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