

Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40251
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Cheese, cheddar, sharp, sliced	100 slice (1 oz)		1270

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		214.14	
Fat		6.60g	
SaturatedFat		2.96g	
Trans Fat*		0.16g	
Cholesterol		12.76mg	
Sodium		374.23mg	
Carbohydrates		27.61g	
Fiber		3.84g	
Sugar		2.81g	
Protein		11.09g	
Vitamin A	130.07IU	Vitamin C	0.00mg
Calcium	194.71mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available