

Cheese Sandwich USDA



Servings:	150.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-52861
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, cheddar, sharp, sliced	150 slice (1 oz)		1270
Bread, whole-wheat, commercially prepared	300 Slice		18075

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Sandwich

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available