

Homemade Grilled Cheese Sandwich

Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53044
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ NT	1/2 Cup		614640
BREAD WGRAIN SLCD 1/2IN	40 Slice	N/A	231053
Land O Lakes® 50% Reduced Fat American Cheese Slices	80 Slice		499789

Preparation Instructions

Put 4 fluid ounce liquid butter alternative spread on sheet pan, then 20 slices wheat bread, 4 slices of American cheese top with 20 bread slices and spray top with buttermist.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.500
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: 20.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		388.00	
Fat		15.60g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1212.00mg	
Carbohydrates		48.00g	
Fiber		4.00g	
Sugar		8.00g	
Added Sugar		0.00g	
Protein		16.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	442.40mg	Iron	2.20mg

Nutrition - Per 100g

No 100g Conversion Available	
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