



# WHOLE GRAIN GRILLED CHEESE STUFFWICH®

## Product Information

Creamy, smooth cheddar American cheese stuffed into a crispy, golden crust. Made with whole grain bread for a hearty stuffed sandwich entrée. Simple to prepare -ready in just 10 minutes. Everyone enjoys this classic entrée.

## Product Handling

- Preheat oven to 375°F.
- Place frozen sandwich on paper liner, using a full sheet pan
- Bake at 375°F for 10-12 min.
- Internal temperature must reach 160°F.
- For even cooking, rotate pans partway through baking time.

## Features/Benefits

- Individually wrapped or bulk
- Classic comfort food
- Each 3 oz. serving provides 1 meat/meat alternate and 2 oz. grain
- Each 4 oz. serving provides 2 meat/meat alternate and 2 oz. grain

## Ideal Use

- Lunch
- Cafeteria feeding



## Good Source Product Type



12/18

<u>Item No.</u>	<u>Product Description</u>	<u>Pack</u>	<u>Food Based Statement</u>
A80345	<b>Stuffwich</b> ®, Cheese, Low Sodium, WG, IW	134/3 oz.	1 M/MA and 2 Grain EQ
A80346	<b>Stuffwich</b> ®, Cheese, Low Sodium, WG, Bulk	134/3 oz.	1 M/MA and 2 Grain EQ
A80441	<b>Stuffwich</b> ®, Cheese, Low Sodium, WG, IW	120/4 oz.	2 M/MA and 2 Grain EQ
A80442	<b>Stuffwich</b> ®, Cheese, Low Sodium, WG, Bulk	120/4 oz.	2 M/MA and 2 Grain EQ

## Product Ingredients

Reduced Fat Cheddar Cheese (Pasteurized Milk, Nonfat Milk, Cultures, Salt, Modified Food Starch, Flavors, Annatto, Vitamin A Palmitate, Enzymes), Water, Whole Grain Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Palm Oil, Soybean Oil, Sugar, Natural & Artificial Flavors, Salt.

## Allergens

Milk and Wheat.

## Food Based Compliant

Each 3 oz. serving provides 1 meat/meat alternate and 2 oz. grain equivalent.

Each 4 oz. serving provides 2 meat/meat alternate and 2 oz. grain equivalent.

### 3 oz. Stuffwich<sup>®</sup>

## Nutrition Facts

Serving Size: 1 Sandwich (89g)

Calories: 230

Calories from Fat: 80

Amount Per Serving		% Daily Value			% Daily Value
<b>Total Fat</b>	<b>9g</b>	<b>14%</b>	Sugars	2g	
Saturated Fat	4.5g	23%	<b>Protein</b>	<b>10g</b>	
Trans Fat	0g		Vitamin A		6%
<b>Cholesterol</b>	<b>20mg</b>	<b>7%</b>	Vitamin C		0%
<b>Sodium</b>	<b>380mg</b>	<b>16%</b>	Calcium		25%
<b>Total Carbohydrate</b>	<b>28g</b>	<b>9%</b>	Iron		6%
Dietary Fiber	2g	8%	Zinc		---

Percent daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\*The information on this panel is for general purposes only. Nutrition information is based on current data. The possibility exists that manufacturers may change their formulation without Good Source's knowledge.

### 4 oz. Stuffwich<sup>®</sup>

## Nutrition Facts

Serving Size: 1 Sandwich (117g)

Calories: 310

Calories from Fat: 130

Amount Per Serving		% Daily Value			% Daily Value
<b>Total Fat</b>	<b>15g</b>	<b>23%</b>	Sugars	3g	
Saturated Fat	8g	40%	<b>Protein</b>	<b>16g</b>	
Trans Fat	0g		Vitamin A		10%
<b>Cholesterol</b>	<b>40mg</b>	<b>13%</b>	Vitamin C		2%
<b>Sodium</b>	<b>670mg</b>	<b>28%</b>	Calcium		45%
<b>Total Carbohydrate</b>	<b>29g</b>	<b>10%</b>	Iron		8%
Dietary Fiber	2g	8%	Zinc		---

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