

# Cooking for Kids

## Recipe Sizing Report

000171 - Grilled Cheese :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902982 Bread – Whole Wheat.....	200 slice	1. Lay bread out on sheet tray(s) lined with parchment paper, open faced.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh... 004679 OIL,PAM COOKING SPRAY,ORIGINAL.....	13 lbs 100 spray, about 1/3 second	2. Place 2 ounces of cheese on each sandwich. Replace top piece and lightly spray each sandwich with pan spray.  3. Place in 350° F oven for 10-12 minutes until cheese is melted and bread is toasted golden brown. Hold hot for service. Sandwiches should not remain in the warmer for more than 20 minutes before service.

\*Nutrients are based upon 1 Portion Size (1 Each)

Calories	269 kcal	Cholesterol	42 mg	Sugars	4.0 g	Calcium	*0.00* mg	47.59%	Calories from Total Fat
Total Fat	14.21 g	Sodium	576 mg	Protein	18.56 g	Iron	*0.00* mg	29.58%	Calories from Saturated Fat
Saturated Fat	8.83 g	Carbohydrates	23.14 g	Vitamin A	*0.0* IU	Water <sup>1</sup>	*0.79* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.0* mg	Ash <sup>1</sup>	*0.87* g	34.44%	Calories from Carbohydrates
								27.62%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.