

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: 50 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.....	100 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.....	6 lbs + 8 ozs 50 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 ¹	*0.79* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.0* mg	Ash ¹	*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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.