

# Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whit bread, sliced OR		25 slices		50 slices	1. Place half of the bread slices on lightly greased half-sheet pans (18" x 13" x 1"), 6 to 8 per pan.
Wheat bread, sliced		25 slices		50 slices	
American processed cheese, sliced, 1-oz slices	1 lb 9 oz		3 lb 2 oz		2. Top each slice of bread with 1 oz of cheese, 1 slice (1 1/2 oz) of tomato, and another 1 oz of cheese. Cover with remaining bread slices.
*Fresh tomatoes, 1 1/2-oz slices	1 lb 5 oz		2 lb 10 oz		
					3. To Bake: Conventional Oven: 400 degrees F, 15 to 20 minutes Convection Oven: 350 degrees F, 10 to 15 minutes Bake until lightly browned.
					CCP Heat to 140 degrees F or higher.
					4. Cut each sandwich in half diagonally.
					5. Refrigerate until ready to serve.
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Tomatoes	1 lb 6 oz	2 lb 11 oz

SERVING:	YIELD:	VOLUME:
1/2 sandwich provides 1 oz of meat alternate, 1/8 cup of vegetable, and 1 slice of bread	<b>25 Servings:</b> 25 (1/2 sandwiches)	<b>25 Servings:</b>
	<b>50 Servings:</b> 50 (1/2 sandwiches)	<b>50 Servings:</b>

**Special Tip:**

1. This sandwich may be served with bean salad to increase the amount of meat alternate.
2. Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.
3. To decrease the amount of fat, use a lowfat cheese in place of the American processed cheese.

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## Nutrients Per Serving

<b>Calories</b>	93	<b>Saturated Fat</b>	3.0 g	<b>Iron</b>	.5 mg
<b>Protein</b>	4 g	<b>Cholesterol</b>	14 mg	<b>Calcium</b>	102 mg
<b>Carbohydrate</b>	7 g	<b>Vitamin A</b>	53 RE/260 IU	<b>Sodium</b>	167 mg
<b>Total Fat</b>	5.3 g	<b>Vitamin C</b>	2 mg	<b>Dietary Fiber</b>	0 g