

F. Sandwiches

Food Safety Tips

1. *Always wash hands before beginning any food preparation.*
2. *Always wash hands after handling raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.*
3. *Keep cold foods at 40°F. Use a refrigerator thermometer to be sure that refrigerator temperature is 40°F.*
4. *Pre-chill sandwich ingredients such as canned tuna, hard-cooked eggs, cheese, and canned meats that are prepared as salads before filling.*
5. *Hold hot foods at 140°F. Use a thermometer to check internal temperatures.*

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Tuna Melt

Meat • Grains/Breads

Sandwiches F-1

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|---------------|-----------------|-----------------|------------------|----------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Whole large eggs | | 2 each | | 4 each | | 1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop. 2. In a bowl, combine dry mustard and mayonnaise. Allow to set for 5 minutes. 3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery. |
| Dry mustard | | 1/2 tsp | | 1 tsp | | |
| Lowfat mayonnaise | 11 oz | 1 1/3 cups..... | 1 lb 6 oz | 2 2/3 cups | | |
| Tuna, in 66 1/2-oz cans, water-packed, drained | 1/2 can | 3 1/2 cups..... | 1 can..... | 1 qt 3 cups ... | | |
| *Onions, minced | | 1/4 cup | | 1/2 cup | | |
| OR | | | | | | |
| Dehydrated onion flakes | | 1 1/2 tsp | | 1 Tbsp | | |
| *Fresh celery, 1/4" dice | 8 oz | 1 1/2 cups..... | 1 lb | 3 cups | | |

*See Marketing Guide.

(over)

Tuna Melt (continued, page 2 of 2)

SERVING: 1/2 tuna melt sandwich provides the equivalent of 1 3/4 oz of cooked lean meat and the equivalent of 1 slice of bread

YIELD: 25 servings: 3 lb 8 oz (tuna salad)
50 servings: 7 lb (tuna salad)

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|-------------|------------------|------------------|---------------|-------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Lowfat cheddar cheese, 1-oz slices | 13 oz | | 1 lb 10 oz | | | 4. Place 12 English muffin halves on each half-sheet pan (18" x 13" x 2 1/2"). Spread 1 No. 20 scoop (1/4 cup) of tuna salad on each muffin half. Place 1/2 slice of cheese on top of the tuna salad. 5. To Bake: Conventional Oven 350°F, 5 minutes Convection Oven 325°F, 5 minutes Bake until cheese is melted. |
| English muffins | | 12 1/2 each..... | | 25 each | | |

Special Tip: Hamburger rolls may be substituted for English muffins.

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 186 | Saturated Fat | 1.5 g | Iron | 1.5 mg |
| Protein | 16 g | Cholesterol | 31 mg | Calcium | 121 mg |
| Carbohydrate | 15 g | Vitamin A | 26 RE/107 IU | Sodium | 454 mg |
| Total Fat | 6.4 g | Vitamin C | 1 mg | Dietary Fiber | 1 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ____-Serving Recipe |
|-------------------|-----------------------|-----------------------|-------------------------|
| Onions | 1 1/2 oz | 3 oz | |
| Celery | 10 oz | 1 lb 4 oz | |

Chicken Barbecue Sandwich

Meat • Vegetable • Grains/Breads

Sandwiches F-2

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|------------------|-----------------|------------------|------------------|-------------------|---|
| | Weight | Measure | Weight | Measure | | |
| *Fresh celery, 1/4" dice | 4 oz | 3/4 cup | 8 oz..... | 1 1/2 cups | | 1. In a pot, saute celery and onions in oil until tender, about 5 minutes. |
| *Onion, minced | 4 oz | 3/4 cup | 8 oz..... | 1 1/2 cups | | |
| OR Dehydrated onion flakes | | 1 Tbsp | | 2 Tbsp | | |
| Vegetable oil | | 1 Tbsp 1 tsp .. | | 2 Tbsp 2 tsp | | |
| Tomato sauce | 1 lb 10 oz | 3 cups | 3 lb 4 oz | 1 qt 2 cups ... | | 2. Add tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic salt to the vegetables. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 15 minutes. |
| Brown sugar | | 2 Tbsp | | 1/4 cup | | |
| Worcestershire sauce | | 1 1/2 tsp | | 1 Tbsp | | |
| Prepared mustard | | 1 Tbsp | | 2 Tbsp | | |
| Vinegar | | 1/4 cup 2 Tbsp | | 3/4 cup | | |
| Garlic salt | | 1 tsp | | 2 tsp | | |
| Chicken or turkey, cooked, diced | 2 lb 6 oz | | 4 lb 12 oz | | | 3. Add chicken or turkey and stir to blend. Simmer for 30 minutes until chicken or turkey is tender. 4. Using a No. 8 scoop, portion chicken or turkey on bottom half of hamburger roll. Cover with top half of roll. Cut each sandwich in half. |
| Hamburger rolls | | 13 each | | 26 each | | |

*See Marketing Guide.

(over)

Chicken Barbecue Sandwich (continued, page 2 of 2)

SERVING: 1/2 sandwich provides 1 1/2 oz of meat,
1/8 cup of vegetable, and the equivalent
of 1 slice of bread

YIELD: 25 servings: 3 lb 13 oz (filling)
50 servings: 7 lb 10 oz (filling)
VOLUME: 25 servings: 1 qt 3 cups (filling)
50 servings: 3 qt 2 cups (filling)

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 164 | Saturated Fat | 1.2 g | Iron | 1.5 mg |
| Protein | 14 g | Cholesterol | 36 mg | Calcium | 46 mg |
| Carbohydrate | 15 g | Vitamin A | 36 RE/316 IU | Sodium | 396 mg |
| Total Fat | 4.9 g | Vitamin C | 4 mg | Dietary Fiber | 1 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|-------------------|-----------------------|-----------------------|------------------------|
| Celery | 5 oz | 10 oz | |
| Onions | 4 oz | 8 oz | |

Grilled Sandwich

Meat • Grains/Breads

Sandwiches F-3

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--------------------------------|-----------------|----------------|-----------------|-----------------|----------------------|--|
| | Weight | Measure | Weight | Measure | | |
| Lowfat milk | | 1 cup..... | | 2 cups | | 1. In a bowl, whisk together the milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth. |
| Orange juice | | 3 Tbsp | | 1/4 cup 2 Tbsp | | |
| Fresh large eggs | | 8 each | | 16 each | | |
| OR | | | | | | |
| Frozen whole eggs, thawed.... | 1 lb..... | 2 cups | 2 lb | 1 qt | | |
| Sugar | | 3 Tbsp | | 1/4 cup 2 Tbsp | | |
| Salt..... | | 1/2 tsp | | 1 tsp | | |
| Vanilla | | 2 tsp | | 1 Tbsp 1 tsp | | |
| Turkey ham slices | 1 lb 9 oz | | 3 lb 2 oz | | | 2. Place 2 oz of turkey ham on a slice of bread. Cover with a second bread slice. Continue until all ham and bread slices have been used. 3. Dip sandwiches in orange juice mixture to coat both sides. 4. Place 6 sandwiches on each lightly greased half-sheet pan (18" x 13" x 1"). 5. To Bake: Conventional Oven 400°F, 15 to 20 minutes Convection Oven 325°F, 15 to 20 minutes Bake until lightly browned. 6. Cut each sandwich in half. |
| White bread, 1-oz slices | | 25 slices..... | | 50 slices | | |

(over)

Grilled Sandwich (continued, page 2 of 2)

SERVING: 1/2 sandwich provides 3/4 oz of cooked lean meat and the equivalent of 1 slice of bread

YIELD: 25 servings: 3 lb 13 oz
50 servings: 7 lb 10 oz

Variation:

a. Banana-Peanut Butter Sandwich

25 servings: Follow Step 1. Omit Step 2. In a mixing bowl, combine 1 oz honey and 12 oz peanut butter. Mix until smooth. Peel 1 lb 8 oz bananas and slice in half lengthwise and crosswise. Place 1 oz of bananas and 1/2 oz (1 Tbsp) of peanut butter on each slice of bread. Continue with Step 3.

50 servings: Follow Step 1. Omit Step 2. In a mixing bowl, combine 2 oz honey and 1 lb 8 oz peanut butter. Mix until smooth. Peel 3 lb bananas and slice in half lengthwise and crosswise. Place 1 oz of bananas and 1/2 oz (1 Tbsp) of peanut butter on each slice of bread. Continue with Step 3.

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 145 | Saturated Fat | 1.3 g | Iron | 1.8 mg |
| Protein | 10 g | Cholesterol | 94 mg | Calcium | 52 mg |
| Carbohydrate | 16 g | Vitamin A | 41 RE/137 IU | Sodium | 497 mg |
| Total Fat | 4.3 g | Vitamin C | 1 mg | Dietary Fiber | 1 g |

Pizza-In-A-Pocket

Meat • Vegetable • Grains/Breads

Sandwiches F-4

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|-------------|---|------------------|--|-------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Tomato paste | 8 oz | 1 cup | 1 lb | 2 cups | | 1. In a pot, combine tomato paste, water, sugar, basil, oregano, salt, garlic, and beef stock. Simmer uncovered for 30 minutes. |
| Water | | ³ / ₄ cup | | 1 ¹ / ₂ cups | | |
| Sugar | | 1 ¹ / ₂ tsp | | 1 Tbsp | | |
| Dry basil leaves | | ¹ / ₄ tsp | | ¹ / ₂ tsp | | |
| Dry oregano leaves | | ¹ / ₄ tsp | | ¹ / ₂ tsp | | |
| Salt | | ¹ / ₄ tsp | | ¹ / ₂ tsp | | |
| Granulated garlic | | ¹ / ₄ tsp | | ¹ / ₂ tsp | | |
| Beef stock | | ³ / ₄ cup | | 1 ¹ / ₂ cups | | |
| Pita pockets, 6 ¹ / ₂ " diameter, 2-oz each | | 13 each | | 26 each | | 2. Cut each pita in half. Open each half to form a pocket. 3. Stuff the inside of each half-pita with ¹ / ₄ slice (¹ / ₄ oz) of cheese, ¹ / ₂ slice (¹ / ₂ oz) of turkey ham, and 1 Tbsp of sauce from Step 1. 4. Place 10 filled half-pitas on each paper-lined half-sheet pan (18" x 13" x 1"). Cover with foil and seal. 5. To Bake: Conventional Oven 400°F, 10 minutes Convection Oven 375°F, 7 minutes Bake until thoroughly heated (165°F). |
| Lowfat mozzarella cheese, 1-oz slices | 7 oz | | 14 oz | | | |
| Turkey ham, 1-oz slices | 13 oz | | 1 lb 10 oz | | | |

(over)

Pizza-In-A-Pocket (continued, page 2 of 2)

SERVING: 1/2 pita provides the equivalent of 3/4 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1 slice of bread

YIELD: 25 servings: 3 lb 13 oz
50 servings: 7 lb 10 oz

Special Tip: A variety of fresh vegetables (such as broccoli, carrots, green peppers, mushrooms, and summer squash) can be substituted for the turkey ham and cheese.

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 134 | Saturated Fat | 1.1 g | Iron | 1.4 mg |
| Protein | 8 g | Cholesterol | 13 mg | Calcium | 83 mg |
| Carbohydrate | 20 g | Vitamin A | 37 RE/273 IU | Sodium | 419 mg |
| Total Fat | 2.4 g | Vitamin C | 5 mg | Dietary Fiber | 1 g |

Cheese Ribbon Sandwich

Meat Alternate • Grains/Breads

Sandwiches F-5

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|-----------------|---|-----------------|------------------|----------------------|---|
| | Weight | Measure | Weight | Measure | | |
| American processed cheese, shredded | 1 lb 9 oz | 1 qt 2 ¹ / ₄ cups | 3 lb 2 oz | 3 qt 1/2 cup ... | | 1. In a mixing bowl, combine cheese, mayonnaise, pimentos, mustard, and Worcestershire sauce (optional). Mix until well blended. |
| Lowfat mayonnaise | 6 oz | 2/3 cup | 12 oz..... | 1 1/3 cups | | |
| Canned pimentos, diced, drained | | 1/4 cup | 4 oz..... | 1/2 cup | | |
| Prepared mustard | | 2 Tbsp | | 1/4 cup | | |
| Worcestershire sauce (optional) | | 1 Tbsp | | 2 Tbsp | | |
| White bread slices | 13 oz | 13 each | 1 lb 10 oz | 26 each | | 2. Spread 1/4 cup (No. 16 scoop) of cheese mixture on each slice of white bread. 3. Top each with a slice of whole wheat bread. 4. Cut each sandwich into four equal pieces in the shape of strips. |
| Wheat bread slices | 13 oz | 13 each | 1 lb 10 oz | 26 each | | |

(over)

Cheese Ribbon Sandwich *(continued, page 2 of 2)*

SERVING: 2 pieces provide 1 oz of cheese and
1 slice of bread

YIELD: 25 servings: 3 lb 12 oz
50 servings: 7 lb 8 oz

- Special Tip:**
1. Attractive garnishes include unpeeled apple slices, grapes, or carrot chips.
 2. To decrease the amount of fat, use a lowfat cheese in place of the American processed cheese.

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories | 200 | Saturated Fat | 6.2 g | Iron | 1.0 mg |
| Protein | 9 g | Cholesterol | 27 mg | Calcium | 204 mg |
| Carbohydrate | 14 g | Vitamin A | 89 RE/411 IU | Sodium | 390 mg |
| Total Fat | 12.2 g | Vitamin C | 2 mg | Dietary Fiber | 1 g |

Pizzaburger

Meat • Vegetable • Grains/Breads

Sandwiches F-6

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|-----------------|---------------|------------------|------------------|----------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Lean ground beef (no more than 24% fat) | 2 lb 4 oz | 1 qt 2½ cups | 4 lb 8 oz | 3 qt 1 cup | | 1. In a pan, using medium heat, brown meat until no signs of pink remain. Drain and discard excess grease. Return beef to pan. |
| Water | | ¾ cup | | 1¼ cups | | 2. Add water, tomato paste, oregano, garlic, salt, and sugar to the cooked ground beef. Mix well and simmer for 5 minutes. |
| Tomato paste | 12 oz | 1⅓ cup | 1 lb 8 oz | 2⅔ cups | | |
| Dry oregano leaves | | 1 tsp | | 2 tsp | | |
| Garlic powder | | ¼ tsp | | ½ tsp | | |
| Salt | | ½ tsp | | 1 tsp | | |
| Sugar | | 1 Tbsp | | 2 Tbsp | | |
| Hamburger rolls | | 13 each | | 26 each | | 3. Split hamburger rolls in half. Place 13 halves (crust side down) on each half-sheet pan (18" x 13" x 1"). Using a No. 30 scoop (1 oz), spread beef mixture on each half-roll. Top each with 2 Tbsp (½ oz) of cheese. |
| Mozzarella cheese, shredded.. | 13 oz | 3¼ cups | 1 lb 10 oz | 1 qt 2½ cups | | |
| | | | | | | 4. To Bake: Conventional Oven 425°F, 10 minutes Convection Oven 375°F, 6 minutes Bake until cheese is melted. |

(over)

Pizzaburger (continued, page 2 of 2)

SERVING: 1 pizzaburger (1/2 bun) provides the equivalent of 1 1/2 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1 slice of bread

YIELD: 25 servings: 6 lb 12 oz
50 servings: 13 lb 8 oz

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 201 | Saturated Fat | 3.9 g | Iron | 1.8 mg |
| Protein | 15 g | Cholesterol | 39 mg | Calcium | 135 mg |
| Carbohydrate | 15 g | Vitamin A | 60 RE/425 IU | Sodium | 273 mg |
| Total Fat | 8.9 g | Vitamin C | 8 mg | Dietary Fiber | 1 g |

Tortilla Roll-Up

Meat • Grains/Breads

Sandwiches F-7

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|-----------------|-------------------|------------------|-----------------|----------------------|--|
| | Weight | Measure | Weight | Measure | | |
| Flour tortilla, 8-inch (1.8 oz each) | 1 lb 7 oz | 13 each | 2 lb 14 oz | 26 each | | 1. Sprinkle 1/4 cup (1 oz) of shredded cheese on each tortilla. |
| Monterey Jack cheese, shredded | 13 oz | 3 1/4 cups | 1 lb 10 oz | 1 qt 2 1/2 cups | | |
| Chicken or turkey, cooked, diced | 1 lb 9 oz | 1 qt 2 cups | 3 lb 2 oz | 3 qt | | 2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 1/2 cup (3 1/2 oz) of chicken or turkey mixture on tortilla. Roll tortilla, like a jelly-roll. 3. Place 13 rolled tortillas in each steamtable pan (12" x 20" x 2 1/2"). Cover with foil. 4. To Bake: Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes 5. Cut each tortilla in half to serve. |
| Mild salsa, chunky | 1 lb 3 oz | 2 cups | 2 lb 6 oz | 1 qt | | |
| *Onions, minced | | 1 Tbsp 2 tsp .. | | 3 Tbsp 1 tsp | | |
| OR Dehydrated onion flakes | | 3/4 tsp | | 1 1/2 tsp | | |
| *Red bell pepper, seeded, minced (optional) | | 1/2 cup | 4 oz | 1 cup | | |

*See Marketing Guide.

(over)

Tortilla Roll-Up (continued, page 2 of 2)

SERVING: 1 roll-up (1/2 filled tortilla) provides 1 1/2 oz of cooked poultry and the equivalent of 1 slice of bread

YIELD: 25 servings: 5 lb
50 servings: 10 lb

- Special Tips:**
1. For a colorful topping, place on each roll-up 1 Tbsp lowfat yogurt, 1/2 oz shredded lettuce, and 1/2 oz diced tomatoes.
 2. Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

| | | | | | |
|--------------|-------|---------------|--------------|---------------|--------|
| Calories | 198 | Saturated Fat | 3.6 g | Iron | 1.5 mg |
| Protein | 14 g | Cholesterol | 37 mg | Calcium | 158 mg |
| Carbohydrate | 16 g | Vitamin A | 47 RE/297 IU | Sodium | 284 mg |
| Total Fat | 8.3 g | Vitamin C | 4 mg | Dietary Fiber | 1 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|-------------------|-----------------------|-----------------------|------------------------|
| Onions | 1 oz | 2 oz | |
| Red pepper | 3 oz | 5 oz | |

Barbecued Pork or Beef on Roll

Meat • Vegetable • Grains/Breads

Sandwiches F-8

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|-----------------|-----------------|------------------|-----------------|----------------------|--|
| | Weight | Measure | Weight | Measure | | |
| Lean ground pork (no more than 21% fat) | 3 lb 7 oz | | 6 lb 14 oz | | | 1. In a pot, brown beef or pork until no signs of pink remain. Drain and discard excess grease. Return meat to pot. |
| OR Lean ground beef (no more than 24% fat) | 3 lb 4 oz | | 6 lb 8 oz | | | |
| *Onions, minced | | 2 Tbsp | | 1/4 cup | | 2. Add onions, celery, garlic powder, catsup, tomato paste, vinegar, brown sugar, dry mustard, black pepper, cayenne pepper, and stock. Bring to a boil. Reduce heat and simmer, uncovered, for 10 to 15 minutes, stirring frequently. |
| OR Dehydrated onion flakes | | 1 tsp | | 2 tsp | | |
| *Fresh celery, minced | | 1/4 cup | | 1/2 cup | | |
| Garlic powder | | 1/4 tsp | | 1/2 tsp | | |
| Catsup | 9 oz | 1 cup | 1 lb 2 oz | 2 cups | | |
| Tomato paste | | 1/4 cup | 6 oz | 1/2 cup | | |
| Vinegar | | 1/4 cup | | 1/2 cup | | |
| Brown sugar | | 1 Tbsp | | 2 Tbsp | | |
| Dry mustard | | 1 1/2 tsp | | 1 Tbsp | | |
| Black pepper | | 1/2 tsp | | 1 tsp | | |
| Cayenne pepper | | 1/8 tsp | | 1/4 tsp | | |
| Beef stock | | 3 cups | | 1 qt 2 cups ... | | |
| OR Pork stock | | 3 cups | | 1 qt 2 cups ... | | |
| Hamburger rolls | | 13 each | | 25 each | | 3. Using a No. 8 scoop, portion meat mixture onto the bottom half of each roll. Top each sandwich with other half of roll. Cut each sandwich in half. |

*See Marketing Guide.

(over)

Barbecued Pork or Beef on Roll (continued, page 2 of 2)

SERVING: 1/2 sandwich provides 1 1/2 oz of meat,
1/8 cup of vegetable, and 1 slice of bread

YIELD: 25 servings: 7 lb 9 oz
50 servings: 15 lb 2 oz

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories | 207 | Saturated Fat | 3.6 g | Iron | 1.5 mg |
| Protein | 13 g | Cholesterol | 40 mg | Calcium | 46 mg |
| Carbohydrate | 15 g | Vitamin A | 20 RE/197 IU | Sodium | 439 mg |
| Total Fat | 10.1 g | Vitamin C | 3 mg | Dietary Fiber | 1 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|-------------------|-----------------------|-----------------------|------------------------|
| Onions | 1 oz | 2 oz | |
| Celery | 1 oz | 2 oz | |

Toasted Cheese and Tomato Sandwich

Meat Alternate • Vegetable • Grains/Breads

Sandwiches F-9

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|-----------------|-----------------|------------------|-----------------|----------------------|--|
| | Weight | Measure | Weight | Measure | | |
| White bread, sliced | | 25 slices | | 50 slices | | <ol style="list-style-type: none"> Place half of the bread slices on lightly greased half-sheet pans (18" x 13" x 1"), 6 to 8 per pan. Top each slice of bread with 1 oz of cheese, 1 slice (1½ oz) of tomato, and another 1 oz of cheese. Cover with remaining bread slices. To Bake: Conventional Oven 400°F, 15 to 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until lightly browned. Cut each sandwich in half diagonally. |
| OR | | | | | | |
| Wheat bread, sliced | | 25 slices | | 50 slices | | |
| American processed cheese, sliced, 1-oz slices | 1 lb 9 oz | | 3 lb 2 oz | | | |
| *Fresh tomatoes, 1½-oz slices | 1 lb 5 oz | | 2 lb 10 oz | | | |

*See Marketing Guide.

(over)

Toasted Cheese and Tomato Sandwich (continued, page 2 of 2)

SERVING: 1/2 sandwich provides 1 oz of meat alternate, 1/8 cup of vegetable, and 1 slice of bread

YIELD: 25 servings: 25 (1/2 sandwiches)
50 servings: 50 (1/2 sandwiches)

- Special Tips:**
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.

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|-------------------|-----------------------|-----------------------|------------------------|
| Tomatoes | 1 lb 6 oz | 2 lb 11 oz | |

Nutrients Per Serving

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

Egg Salad Sandwich

Meat Alternate • Grains/Breads

Sandwiches F-10

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|------------------|-----------------|-----------------|------------------|----------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Fresh large eggs, hard-cooked, chilled..... | 2 lb 13 oz | 25 each | 5 lb 9 oz | 50 each | | 1. Finely chop eggs. |
| *Onions, chopped | 4 oz | 2/3 cup | 8 oz..... | 1 1/3 cups | | 2. Combine eggs, onions, celery, pepper, dry mustard, mayonnaise or salad dressing, and pickle relish. Mix lightly until well blended. 3. Cover. Refrigerate until ready to use. |
| OR Dehydrated onions | | 2 Tbsp | | 1/4 cup | | |
| *Fresh celery, chopped | 7 oz | 1 3/4 cups..... | 14 1/2 oz | 3 1/2 cups | | |
| Black or white pepper | | 3/4 tsp | | 1 1/2 tsp | | |
| Dry mustard | | 3/4 tsp | | 1 1/2 tsp | | |
| Mayonnaise or salad dressing | 7 oz | 3/4 cup 2 Tbsp | 14 oz..... | 1 3/4 cups | | |
| Sweet pickle relish, undrained | 4 oz | 1/2 cup | 8 1/2 oz | 1 cup | | |
| *Bread | | 50 slices | | 100 slices | | 4. Portion with No. 12 scoop (1/3 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. |

*See Marketing Guide.

(over)

Egg Salad Sandwich (continued, page 2 of 2)

SERVING: 1 sandwich provides 1 large egg
and 2 slices of bread

YIELD: 25 servings: 2 qt (filling)
50 servings: 1 gal (filling)

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories | 284 | Saturated Fat | 3.0 g | Iron | 2.3 mg |
| Protein | 11 g | Cholesterol | 220 mg | Calcium | 88 mg |
| Carbohydrate | 29 g | Vitamin A | 93 RE/324 IU | Sodium | 434 mg |
| Total Fat | 13.6 g | Vitamin C | 1 mg | Dietary Fiber | 2 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|---------------------|---|---|------------------------|
| Mature onions | 5 oz | 9 oz | |
| Celery | 9 oz | 1 lb 1 ¹ / ₂ oz .. | |
| Bread, sliced | 1 ⁵ / ₈ sandwich loaves (2 lb each) | 3 ¹ / ₄ sandwich loaves (2 lb each) | |

Tuna Salad Sandwich

Meat • Grains/Breads

Sandwiches F-11

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|--|--|--|--|---|----------------------|---|
| | Weight | Measure | Weight | Measure | | |
| Tuna, in 66 ¹ / ₂ -oz cans, water-packed, chunk | 4 lb 3 oz | 1 can | 8 lb 5 oz | 2 cans | | 1. Drain and flake tuna. |
| Dehydrated onions | | 3 Tbsp | | 1/4 cup 2 Tbsp | | 2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise or salad dressing. Mix lightly until well blended. 3. Cover and refrigerate until ready to use. |
| *Fresh celery, chopped | 1 lb | 3 ³ / ₄ cups | 2 lb | 1 qt 3 ¹ / ₂ cups | | |
| Sweet pickle relish, undrained | 4 ¹ / ₂ oz | 1/2 cup | 3 ³ / ₄ oz | 1 cup | | |
| Dry mustard | | 3/4 tsp | | 1 1/2 tsp | | |
| Fresh large eggs, hard-cooked, chopped (optional) | 7 oz | 4 each | 14 oz | 8 each | | |
| Mayonnaise or salad dressing | 1 lb 6 oz | 2 ³ / ₄ cups | 2 lb 11 oz | 1 qt 1 1/2 cups | | |
| *Bread | | 50 slices | | 100 slices | | 4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. |

(over)

Tuna Salad Sandwich (continued, page 2 of 2)

SERVING: 1 sandwich provides 2 oz of cooked fish,
1/8 cup vegetable, and 2 slices of bread

YIELD: 25 servings: 3 qt (filling)
50 servings: 1 1/2 gal (filling)

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories | 414 | Saturated Fat | 3.5 g | Iron | 3.0 mg |
| Protein | 24 g | Cholesterol | 37 mg | Calcium | 79 mg |
| Carbohydrate | 30 g | Vitamin A | 37 RE/143 IU | Sodium | 730 mg |
| Total Fat | 22.0 g | Vitamin C | 2 mg | Dietary Fiber | 2 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|---------------------|-----------------------------------|-----------------------------------|------------------------|
| Celery | 1 lb 4 oz | 2 lb 7 oz | |
| Bread, sliced | 1 5/8 sandwich loaves (2 lb each) | 3 1/4 sandwich loaves (2 lb each) | |

Sloppy Joe

Meat • Vegetable • Grains/Breads

Sandwiches F-12

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|-----------------|-------------------|------------------|------------------|-------------------|--|
| | Weight | Measure | Weight | Measure | | |
| Raw ground beef (no more than 24% fat) | 4 lb 5 oz | | 8 lb 10 oz | | | 1. Brown ground beef. Drain off fat. |
| *Onions, chopped | 5 oz | 3/4 cup | 9 oz..... | 1 1/2 cups | | 2. Add onions and garlic powder. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25 to 30 minutes. 3. Pour ground beef mixture into serving pans or bowls for portioning in Step 4. |
| OR | | | | | | |
| Dehydrated onions | | 2 Tbsp 2 tsp .. | | 1/3 cup | | |
| Garlic powder | | 1 1/2 tsp | | 1 Tbsp | | |
| Tomato paste | 14 oz | 1 1/2 cups..... | 1 lb 12 oz | 3 cups | | |
| Catsup | 15 oz | 1 1/2 cups..... | 1 lb 13 oz | 3 cups | | |
| Water | | 2 3/4 cups 2 Tbsp | | 1 qt 1 3/4 cups | | |
| Vinegar..... | | 1/2 cup 1 Tbsp | | 1 cup 2 Tbsp | | |
| Dry mustard | | 1 Tbsp | | 2 Tbsp | | |
| Black pepper | | 1/2 tsp | | 1 tsp | | |
| Brown sugar, packed | | 3 Tbsp..... | | 1/4 cup 2 Tbsp | | |
| Hamburger rolls, 0.9 oz | | 25 each | | 50 each | | 4. Portion with No. 12 scoop (1/3 cup) onto bottom half of each hamburger roll. Cover with top half of roll. |

*See Marketing Guide.

(over)

Sloppy Joe (continued, page 2 of 2)

SERVING: 1 sandwich provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 2 slices of bread

YIELD: 25 servings: 2 qt 2 cups (filling)
50 servings: 1 gal 1 qt (filling)

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|--------------|---------------|--------|
| Calories | 316 | Saturated Fat | 4.6 g | Iron | 3.2 mg |
| Protein | 19 g | Cholesterol | 48 mg | Calcium | 81 mg |
| Carbohydrate | 32 g | Vitamin A | 56 RE/558 IU | Sodium | 488 mg |
| Total Fat | 12.8 g | Vitamin C | 10 mg | Dietary Fiber | 2 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|---------------------|-----------------------|-----------------------|------------------------|
| Mature onions | 5 1/2 oz | 10 1/2 oz | |

Toasted Cheese Sandwich

Meat Alternate • Grains/Breads

Sandwiches F-13

| Ingredients | 25 Servings | | 50 Servings | | For ____ Servings | Directions |
|---|-----------------|-----------------|-----------------|------------------|----------------------|--|
| | Weight | Measure | Weight | Measure | | |
| Butter or margarine, melted.. | | 1/4 cup 2 Tbsp | 6 oz..... | 3/4 cup | | 1. Brush approximately 1/2 oz (1 Tbsp) butter or margarine on each sheet pan (18" x 26" x 1"). For 25 servings, use 1 1/2 sheet pans. For 50 servings, use 3 sheet pans. |
| *Bread..... | | 50 slices | | 100 slices | | 2. Place 20 slices of bread on each sheet pan, 5 down and 4 across. |
| Processed American cheese, sliced | 3 lb 2 oz | 25 slices | 6 lb 4 oz | 50 slices | | 3. Top each slice of bread with 1 slice (2 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining butter or margarine, approximately 1 1/2 oz (3 Tbsp) per pan. 6. To Bake: Conventional Oven 400°F, 15 to 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until lightly browned. DO NOT OVERBAKE. 7. If desired, cut each sandwich diagonally in half. Serve immediately. |

*See Marketing Guide.

(over)

Toasted Cheese Sandwich (continued, page 2 of 2)

SERVING: 1 sandwich provides 2 oz of cheese
and 2 slices of bread

YIELD: 25 servings: 25 sandwiches
50 servings: 50 sandwiches

Nutrients Per Serving

| | | | | | |
|--------------|--------|---------------|---------------|---------------|---------|
| Calories | 374 | Saturated Fat | 13.2 g | Iron | 1.8 mg |
| Protein | 17 g | Cholesterol | 62 mg | Calcium | 404 mg |
| Carbohydrate | 27 g | Vitamin A | 189 RE/787 IU | Sodium | 1114 mg |
| Total Fat | 22.2 g | Vitamin C | 0 mg | Dietary Fiber | 1 g |

Marketing Guide for Selected Items

| Food as Purchased | For 25-Serving Recipe | For 50-Serving Recipe | For ___-Serving Recipe |
|--------------------------|--|--|-------------------------------|
| Bread, sliced | 1 ⁵ / ₈ sandwich loaves (2 lb each) | 3 ¹ / ₄ sandwich loaves (2 lb each) | |