



Sizing Prep Report

American Dairy Association North East

990089 - Grilled Cheese Sticks

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
120309	Bread – Whole Wheat	25 (2 slice)	<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Spread one side of each slice of bread with the margarine. Place bread,margarine side down,on a flat top griddle or sheet pan. Add the cheese and top with second slice of bread,margarine side up.</p> <p>On the griddle,cook until toasted. Flip and repeat.</p> <p>Oven Baked: Top the sandwiches with a second sheet pan and bake in a convection oven at 350 degrees until browned,about 10-15 minutes.</p>
001215	CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,	3 LB + 2 oz	
004630	MARGARINE SPRD,APPROX 48% FAT,TUB	2 cup + 1 TBSP	
			<p>For Lunch Meal Service: cut the sandwich into two triangles. Serve both.</p> <p>For Breakfast Service: cut the sandwich into 4 sticks. Serve two.</p>

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	155.466 kcal	Total Fat	8.897 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	51.504% Calories from Total Fat
Saturated Fat ¹	3.791 g	Trans Fat ²	*0.053* g	Protein	7.015 g	Iron	0.062 mg	21.945% Calories from Sat Fat
Sodium ¹	487.304 mg	Cholesterol	*15.025* mg	Vitamin A	*267.903* IU	Water	20.155 g	*0.304%* Calories from Trans Fat
Sugars	*4.274* g	Carbohydrate	13.505 g	Calcium	150.156 mg	Ash	2.277 g	34.747% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.049% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	1 oz eq	Grain	1 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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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 required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.