Ham and Cheese on WGR Bread

Meat/Meat Alternate Sandwiches KSU Developed

	48 Servings		Servings				
Ingredients	Weight	Measure	Weight	Measure	Directions		
Sliced ham luncheon meat	4 lb				For each sandwich, portion 1.34 oz (38 grams) of sliced ham and 1 oz of cheese onto each bottom slice of bread.		
Cheddar cheese	3 lb						
WGR bread, slice, 1 oz		96 slices			2. NOTE: 1.34 oz = 2 pieces of sliced honey ham, code no: 32187-414,		
					Tyson Foods, Inc. or 2 pieces of sliced smoked ham, code no: 32186-414, Tyson Foods, Inc.		
					Distribute the meat evenly and top with a second slice of bread.		
					4. Cut into four even quarter pieces if serving children age 5 years and under.		
					5. Cover. Refrigerate until service.		
					6. CCP: Cool to 41° F or lower within 4 hours.		
					7. CCP: Hold at 41° F or colder.		
					6. Serve with mustard, mayonnaise, and/or salad dressing.		

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Notes:

Nutrient information from Food Processor based on 1 oz bread slice.

Note: Per CN label for Tyson sliced honey or smoked ham, WA 2.68 oz sliced ham luncheon meat = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:	
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches	
3-5 years: 3 quarter pieces of sandwich		
6-18:1 full sandwich	96 Servings: 96 sandwiches	

Nutrients Per Serving								
Calories	296.15	Saturated Fat	5.75 g	Iron	1.67 mg			
Protein	20.21 g	Cholesterol	44.94 mg	Calcium	291.44 mg			
Carbohydrate	26.14 g	Vitamin A	93.64 RAE mcg	Sodium	750.42 mg			
Total Fat	12.08 g	Vitamin C	0 mg	Dietary Fiber	3.36 g			