



# Grilled Cheese, Ham, and Tomato Sandwiches

Comfort food with a twist. Sliced tomatoes give new life to this old favorite.

**AGES:** 6–18 years

**PREP TIME:** 40 minutes

**COOK TIME:** 12 minutes

### CACFP CREDITING INFORMATION

¼ cup vegetable

2¾ oz eq meat/meat alternate

2 oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
					<ol style="list-style-type: none"> <li>2 Preheat oven to 350 °F.</li> </ol>
Margarine, <i>trans</i> fat-free		2 Tbsp + 2 tsp		½ cup	<ol style="list-style-type: none"> <li>3 Place margarine in a microwave-safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.</li> </ol>
Bread, whole-wheat, sliced (at least 28 g or 1 oz each)	3 lb 2 oz	50 (1400 g)	6 lb 4 oz	100 (2800 g)	<ol style="list-style-type: none"> <li>4 Lightly brush melted margarine onto one side of each piece of bread.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Swiss cheese, reduced-fat, sliced	3 lb 2 oz	50	6 lb 4 oz	100	<p><b>5</b> Place 1 slice of cheese, 2 slices of tomato, and 1 slice of ham onto unbuttered sides of bread. Top with the additional slices of cheese and bread, buttered side facing out.</p> <p><b>For 25 servings,</b> use 50 slices.  <b>For 50 servings,</b> use 100 slices.</p>
Deli ham, reduced-sodium, sliced	1 lb 9 oz	25	3 lb 2 oz	50	
Tomato, fresh, large, ¼" sliced* (gently wash tomatoes under running water before cutting)	3 lb	50	6 lb	100	
					<p><b>6</b> Place sandwiches on sheet pan. Bake in the oven for 10–12 minutes or until cheese is melted and bread is lightly toasted. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.</p> <p><b>For 25 servings,</b> use 1 full sheet pan (18" x 26" x 1") and 1½ sheet pan (6½" x 9½" x 1").  <b>For 50 servings,</b> use 2 full sheet pans (18" x 26" x 1") and 1½ sheet pan (6½" x 9½" x 1").</p>
					<p><b>7</b> Cut sandwiches in half.</p>
					<p><b>8</b> Serve 2 halves. Serve immediately, or keep warm at 140 °F or higher.</p>

\*See Marketing Guide



**NUTRITION INFORMATION**

2 halves Grilled Cheese, Ham, and Tomato Sandwich

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>324</b>
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<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	7 g
Cholesterol	44 mg
<b>Sodium</b>	<b>654 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	6 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>24 g</b>
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Vitamin D	N/A
Calcium	470 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

**\*MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Tomato, fresh	3 lb 8 oz	7 lb

**NOTES**

- **Contains milk (cheese) and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (breads) and may be included in the ingredient statements as “spice” or “flavoring.”
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 9 lb 13 oz Yield: 50 half sandwiches	Weight: 19 lb 11 oz Yield: 100 half sandwiches