



Grilled Cheese, Ham, and Tomato Sandwiches

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

Ages: 6–18 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 12 minutes

the INGREDIENTS

2 tsp margarine, *trans* fat-free

12 slices bread, whole-wheat (at least 28 g or 1 oz each)

12 slices Swiss cheese, reduced-fat

6 slices deli ham, reduced-sodium

12 slices tomato, fresh, large, ¼" (gently wash tomatoes under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Place margarine in a microwave-safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
4. Lightly brush melted margarine onto one side of each piece of bread.
5. Place 1 slice of cheese, 2 slices of tomato, and 1 slice of ham onto unbuttered sides of 6 slices of bread. Top with the additional slices of cheese and bread, buttered sides facing out.
6. Place sandwiches on a baking sheet. 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.
7. Cut sandwiches in half.
8. Serve 2 halves. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

2 halves Grilled Cheese, Ham, and Tomato Sandwich

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|------------------|---------------|
| Nutrients | Amount |
| Calories | 324 |

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|------------------|-------------|
| Total Fat | 13 g |
|------------------|-------------|

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|---------------|-----|
| Saturated Fat | 7 g |
|---------------|-----|

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|-------------|-------|
| Cholesterol | 44 mg |
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| Sodium | 654 mg |
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| Total Carbohydrate | 35 g |
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| Dietary Fiber | 6 g |
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| Total Sugars | 9 g |
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|-----------------------|-----|
| Includes Added Sugars | N/A |
|-----------------------|-----|

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|----------------|-------------|
| Protein | 24 g |
|----------------|-------------|

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|-----------|-----|
| Vitamin D | N/A |
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|---------|--------|
| Calcium | 470 mg |
|---------|--------|

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|------|------|
| Iron | 0 mg |
|------|------|


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|-----------|-----|
| Potassium | N/A |
|-----------|-----|

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

¼ cup vegetable
 2¾ oz eq meat/meat alternate
 2 oz eq grains 

the CHEF TIPS

- **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.