

Toasted Cheese Sandwich

Component: Meat alternate/Grain

Sandwiches

USDA F-13

Notes:

Nutrients calculated using Food Processor for sandwich made using 1 oz slice of bread.

Serving: 1 sandwich provides 2 oz meat/meat alt and 2 servings of grains.

1-2 years: ½ sandwich

3-5 years: ¾ sandwich

6-18 years: 1 sandwich

Nutrients Per Serving

Calories	390	Saturated Fat	11.43 g	Iron	1.67 mg
Protein	12.97 g	Cholesterol	56.70 mg	Calcium	455.96 mg
Carbohydrate	28.58 g	Vitamin A-RAE	235.26 RAE mcg	Sodium	530.35 mg
Total Fat	22.09 g	Vitamin C	0.51 mg	Dietary Fiber	5.27g (2016 = 0 g)