



2008 National School Lunch Week—Menus & Recipes



Gloria Grilled Cheese

GLORIA'S GRILLED CHEESE

YIELD: 50 servings (elementary and secondary)
PER SERVING: 335.4 cal., 22 g pro., 40 g carb., 4 g fiber, 10.6 g fat, 3.2 g sat. fat, 19.9 mg chol., 1,209.1 mg sod., 287.6 IU vit. A, 0 mg vit. C, 467.9 mg ca., 5.6 mg iron

INGREDIENTS

Whole-wheat bread—100 slices
 Lowfat American cheese—6 1/4 lbs.
 Margarine—1 cup

DIRECTIONS

1. Melt the margarine and lightly brush 1/2 tsp. of margarine on one side of each slice of bread.
2. Per sandwich, place 2 ozs. of cheese on the dry side of one slice of bread. Place a second slice of bread, margarine side up, on top of the cheese.
3. Bake the sandwiches in a 350°F oven until the cheese melts and the bread has reached the desired browning point.

Critical Control Point: Cook until the cheese is 145°F or above or for 15 seconds.

4. Critical Control Point: Hold at and serve at 135°F or higher. Serve one sandwich per student customer.

Recipe & Recipe analysis: SNA, WEBSMARTT, powered by WinSNAP v.2.5

Gloria's Great Debate Grilled Cheese

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Preparation
Grilled Cheese Sandwich	1 sandwich	2 meat/meat alternate, 2 grains/breads	1 sandwich	2 meat/meat alternate, 2 grains/breads	Above or SNA*	Whole-wheat bread, lowfat cheese
Tomato Soup w/ Fish-shaped Pasta	8 fl. ozs.	1/4 cup fruit/vegetable	8 fl. ozs.	1/4 cup fruit/vegetable		Fat-free
Fish-shaped Cheddar Crackers	1 oz.	1 grain/bread	1 oz.	1 grain/bread		Offers variety
Grapes	1/2 cup	1/2 cup fruit/vegetable	1/2 cup	1/2 cup fruit/vegetable		Mix red and green for eye appeal
Milk, Skim	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk		Lowfat

Elementary Per Serving: 810.2 cal., 40.5 g pro., 123.6 g carb., 7.7 g fiber, 17.8 g fat, 4.8 g sat. fat, 27.5 mg chol., 2,966.1 mg sod., 1,833.4 IU vit. A, 9 mg vit. C, 803 mg ca., 8.5 mg iron

Secondary Per Serving: 810.2 cal., 40.5 g pro., 123.6 g carb., 7.7 g fiber, 17.8 g fat, 4.8 g sat. fat, 27.5 mg chol., 2,966.1 mg sod., 1,833.4 IU vit. A, 9 mg vit. C, 803 mg ca., 8.5 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate, 3 grains/breads, 3/4 cup fruit/vegetable, 1 milk

* See the SNA Recipe Database, www.schoolnutrition.org

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your HACCP-based food-safety plan. But entrée choices still should reflect the entrée selections for the official Vote for School Lunch campaign. SNA has not tested any of its recipes or menus in a kitchen.