

Say “Cheese” Cheesy Steak Sandwich

Items	Elementary Serving Size	Secondary Serving Size	Recipe	Healthy Preparation Tips
Beef-and-Cheese Hoagie*	1 sandwich	1 sandwich	SNA ¹	
Sweet Potato Fries	1/2 cup	3/4 cup		Sweet potatoes are a nutrient-rich alternative to traditional fries
Kiwi Fruit	1 medium	1 medium		
Milk (variety)	8 fl. ozs	8 fl. ozs		Offer skim/lowfat varieties
Elementary Per Serving: 767 cal., 34 g pro., 105.5 g carb., 7.9 g fiber, 23.8 g fat, 10 g sat. fat, 58 mg chol., 1,967 mg sod., 3,746 IU vit. A, 83.2 mg vit. C, 499.8 mg ca., 9.4 mg iron				
Secondary Per Serving: 832 cal., 34.4 g pro., 111.1 g carb., 9.2 g fiber, 27.9 g fat, 10 g sat. fat, 58 mg chol., 1,969 mg sod., 3,812.5 IU vit. A, 120.7 mg vit. C, 515.3 mg ca., 9.6 mg iron				

*Hoagies are also known as hero and submarine sandwiches in different parts of the country.

¹ You can find this recipe later in Spring 2010 at www.schoolnutrition.org/NSLW10.

All menus, menu names 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 own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.