

HAM AND CHEESE SANDWICH (WGR)

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 2 oz. eq. whole grains

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 sandwich

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Ham, Cooked, Smoked, Boneless, #1053	8 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	6 1/4 pounds
Lettuce, Shredded, #4008	1 pound
Pickles, Dill Slices, #2813	100 slices
Bread, Pullman, WGR, #1225	100 slices
Cheese, American Process, Sliced, #1308	1 pound + 9 ounces

DIRECTIONS

- If the ham is frozen, thaw it in the refrigerator. Drain the ham thoroughly on the day of assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Thinly slice ham and weigh out 2½ ounces as a measurement for each sandwich. Cover the ham with plastic wrap and refrigerate it until assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for sandwich assembly.
- TRIMMINGS:
 - Rinse the tomatoes under cool, running water, then drain them thoroughly.
 - Core and thinly slice the tomatoes (8 slices per tomato).
 - Portion 1/8 cup lettuce, 1 tomato slice, and 2 pickle slices in individual portion containers. Cover and refrigerate until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- SANDWICH ASSEMBLY:
 - Place 24 slices of bread on a sheet pan, 4 down and 6 across.
 - Portion 2½ ounces of ham and ½ ounce of cheese (1 slice) on the bread.
 - Top the sandwich with the second slice of bread.
 - Sandwiches may also be wrapped in deli paper, waxed paper, foil sheets, plastic wrap or placed in sandwich bags.
 - Place each sandwich in a steamtable pans (12" x 20" x 2½") lined with pan liners.
 - Prepare the sandwiches in batches to maintain quality.
 Serve immediately, or cover the pan with lid, foil or plastic wrap.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Portion 1 sandwich with trimmings per serving. Each portion provides 2½ oz. eq. meat/meat alternate and 2 oz. eq. whole grains.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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PRODUCTION NOTES

Use USDA Foods products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
 "Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for sandwiches.

SERVING NOTES

Have condiments available for selection by students. Condiments have not been included in this nutrient analysis – remember to include them in the weekly menu nutrient analysis.

Alternate instructions: Assemble sandwiches on the serving line.

NUTRIENTS PER SERVING

Calories	297	Dietary Fiber	4.29 g	Sodium	1443.00 mg	Sat. Fat	3.48 g
Carbohydrates	37.86 g	Protein	20.47 g	Total Fat	10.12 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF HAM AND CHEESE SANDWICH (WGR)

1.



1 serving of Ham and Cheese Sandwich