## **Roast Beef and Cheddar Sandwich**

Meat/Meat Alternate Sandwiches KSU Developed

	48 S	ervings	Servings				
Ingredients	Weight	Measure	Weight	Measure	Directions		
Sliced roast beef luncheon meat	5 lb				For each sandwich, portion 1.68 oz (48 grams) of sliced roast beef and 1 oz of cheese onto each bottom slice of bread. Distribute the meat evenly and top with a second slice of bread.		
Cheddar cheese	3 lb						
WGR bread, slice, 1 oz		96 slices			2. NOTE: 1.68 oz = 2 ½ pieces of sliced roast beef code no: 32190-414, Tyson		
					Foods, Inc.		
					Cut into four even quarter pieces if serving children age 5 years and under.		
					Cover. Refrigerate until service.		
					5. CCP: Cool to 41° F or lower within 4 hours.		
					6. CCP: Hold at 41° F or colder.		
					7. Serve with mustard, mayonnaise, and/or salad dressing.		

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## Notes:

Nutrient information from Food Processor based on 1 oz bread slice.

Note: Per CN label for Tyson sliced roast beef 3.35 oz sliced roast beef luncheon meat = 2 oz creditable meat

<b>Serving:</b> 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving									
Calories	302.90	Saturated Fat	6.23 g	Iron	2.10 mg				
Protein	21.96 g	Cholesterol	46.97 mg	Calcium	291.44 mg				
Carbohydrate	25.74 g	Vitamin A	93.74 RAE mcg	Sodium	742.92 mg				
Total Fat	12.82 g	Vitamin C	0 mg	Dietary Fiber	3.36 g				