

Roast Beef and Cheddar Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

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

Serving: 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