

Toasted Cheese Sandwich

Component: Meat alternate/Grain

Sandwiches

USDA F-13

Notes:

Nutrients calculated using Food Processor.

Serving:

1-2 years: ½ sandwich

3-5 years: ½ sandwich

6-18 years: 1 sandwich

Nutrients Per Serving

Calories	470.34	Saturated Fat	11.75 g	Iron	2.49 mg
Protein	12.98 g	Cholesterol	56.99 mg	Calcium	483.54 mg
Carbohydrate	42.43 g	Vitamin A-RAE	251.31 RAE mcg	Sodium	609.51 mg
Total Fat	23.53 g	Vitamin C	0.77 mg	Dietary Fiber	8.00 g