

| | | | | |
|------------------------------------|---|--------------------------------|--------------|---------------|
| Recipe Name: | Grilled American Cheese on Whole Grain Bread | | | |
| Meal Pattern Contributions: | Meat/Meat Alternate: American Cheese (you can substitute w/cheddar, etc. | Grain: Yes Whole Grain: YES | Fruit: NO | Vegetable: NO |

| Age Range | 1-2 Years | 3-5 Years | 6-12 Years |
|----------------------------|----------------------------------|------------------------------------|------------------------------------|
| Serving Size: | ½ oz bread; ½ oz American Cheese | ½ oz. bread, ¾ oz American Cheese; | 1 oz. bread; 1 oz. American Cheese |
| Amount of Servings: | 2 | 5 | 1 |

| |
|--|
| Ingredients: |
| <p>1 oz. Butter or Margarine, trans-fat free 12 slices of Whole-grain bread, slices 7 oz or 7 – 1 oz slices of American Cheese, Natural or Processed (*do not purchase if it says “imitation or cheese product”)</p> |
| Preparation Instructions: |
| <p>Pre-Heat Oven to 400·F degrees</p> <ul style="list-style-type: none"> ➤ Melt Butter/Margarine in pan and also evenly coat a backing sheet (18’x13’x 1”) with butter flavored pan release spray. ➤ Place 12 Bread slices on baking sheet. ➤ Place 1 cheese slice (about 1 oz.) on each slice of bread ➤ Place 1 slice of bread on top of each sandwich (you will have 6 sandwiches) ➤ Brush the top and bottom of each sandwich with the melted butter/margarine. ➤ Bake until lightly browned. ➤ Serve 1 sandwich and/or Slice sandwiches in ½ or quarters to serve each age group appropriately |
| Servings: 6 depending on age group |

