## **DUNLAP SCHOOL DISTRICT 323**

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**Recipe Prep Sheet** 

000236 - WG GRILLED CHEESE :

HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portions: GRILLED CHEESE Alternate Recipe Name: P/G: GRILLED CHEESE

902726 BREAD WW PULLMAN,SLCD 12-22Z GFS,(1.75G2	1 (2 SLICES)
001215 CHEESE PRODUCT, PAST PROCESS, AMERICAN, RED	2 ozs
118476 Buttermist food spray and pan spray	1 tsp

\*Nutrients are based upon 1 Portion Size (GRILLED CHEESE)

Calories	266	kcal	Cholesterol	30	mg	Sugars	*4.5*	g	Calcium	319.94	mg	33.81%	Calories from Total Fat
Total Fat	9.99	g	Sodium	851	mg	Protein	15.98	g	Iron	1.91	mg	16.97%	Calories from Sat Fat
Sat Fat	5.02	g	Carbs	30.01	g	Vitamin A	535.8	IU	Water <sup>1</sup>	*29.37*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	D. Fiber	4.00	g	Vitamin C	0.0	mg	Ash <sup>1</sup>	*3.35*	g	45.11%	Calories from Carbs
												24.02%	Calories from Protein
*N//A* denotes a putriant that is althout mission or incomplete for an individual increationt													

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.