



Grilled Cheese

Makes: 50 child servings (30 sandwiches)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
60 slices	whole grain or 100% whole wheat bread, thawed	60 slices
30 slices (2.2 lbs)	cheese (e.g. cheddar, mozzarella)	30 slices (1 kg)
1 ¼ cup	margarine or butter, softened	300 mL

Instructions

1. Preheat oven to 350°F (180°C) or heat stove-top/counter-top griddle to medium-high.
2. Spread one side of each slice of bread with margarine/butter.
3. Place buttered side-down on heated griddle or on a parchment-lined baking sheet.
4. Top with a slice of cheese and cover with another piece of bread, margarine-side facing up.
5. Grill until first side is golden. Flip and cook second side until cheese is melted and bread is golden on second side.

Nutrition Information	
Serving ½ sandwich	
Calories	200
Fat	12 g
	Saturated 4.5 g
	+ Trans 0 g
Sodium	340 mg
Carbohydrates	16 g
	Fibre 2 g
	Sugars 4 g
Protein	8 g
Calcium	150 mg
Iron	1.5 mg

Food Guide Servings
1 Grain Product
½ Milk & Alternative