



Grilled Cheese, Ham, and Tomato Sandwiches

Comfort food with a twist. Sliced tomatoes give new life to this old favorite.

Ages: 3–5 years **Prep time:** 10 minutes
Makes: 6 servings **Cook time:** 12 minutes

the INGREDIENTS

- 1 tsp margarine, *trans* fat-free
- 6 slices bread, whole-wheat (at least 28 g or 1 oz each)
- 6 slices Swiss cheese, reduced-fat
- 3 slices deli ham, reduced-sodium
- 6 slices tomato, fresh, large, ¼" (gently wash tomatoes under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Place margarine in a microwave-safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
4. Lightly brush melted margarine onto one side of each piece of bread.
5. Place 1 slice of cheese, 2 slices of tomato, and 1 slice of ham onto unbuttered sides of 3 slices of bread. Top with the additional slices of cheese and bread, buttered sides facing out.
6. Place sandwiches on a baking sheet. Bake in the oven for 10–12 minutes or until cheese is melted and bread is lightly toasted. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.
7. Cut sandwiches in half.
8. Serve 1 half. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1 half Grilled Cheese, Ham, and Tomato Sandwich

Nutrients	Amount
Calories	162
Total Fat	7 g
Saturated Fat	4 g
Cholesterol	22 mg
Sodium	327 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	12 g
Vitamin D	N/A
Calcium	210 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup vegetable
1 ¼ oz eq meat/meat alternate
1 oz eq grains

the CHEF TIPS

- Contains milk (cheese) and wheat (bread). Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (breads) and may be included in the ingredient statements as "spice" or "flavoring."
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.