

# Grilled Sandwich

Meal Components: Grains, Meat / Meat Alternate

Sandwiches, F-03

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	<ol style="list-style-type: none"> <li>In a bowl, whisk together milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth.</li> <li>Place 2 oz (2 slices) of turkey ham on a slice of bread. For 24 servings, use 12 slices of bread. For 48 servings, use 24 slices of bread.</li> </ol>
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
OR		OR		OR	
Fresh large eggs		9 each		18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Turkey ham slices, 1 oz slices	1 lb 8 oz	24 slices (1 oz each) 3 lb		48 slices (1 oz each)	
*Enriched wheat bread slices (at		24 slices		48 slices	

3. Cover each with a second bread slice.
4. Dip sandwiches in orange juice mixture to coat both sides.
5. Place 6 sandwiches on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 325°F for 15-20 minutes. CCP: Heat to 165°F or higher.
7. CCP: Hold at 140°F or warmer. Cut each sandwich in half. Portion is ½ sandwich.

Serving	Yield	Volume
½ sandwich provides 1 ¼ oz of cooked lean meat and 1 slice of bread.	<b>24 Servings:</b> 3 lb 10 oz  <b>48 Servings:</b> 7 lb 4 oz	<b>24 Servings:</b> 24 half sandwiches  <b>48 Servings:</b> 48 half sandwiches

**Nutrients Per Serving**

Calories	168	Saturated Fat	1.36 g	Iron	1.56 mg
Protein	10.13 g	Cholesterol	99 mg	Calcium	40 mg
Carbohydrate	20.91 g	Vitamin A	162 mg	Sodium	480 mg
Total Fat	4.69 g	Vitamin C	3.2 mg	Dietary Fiber	1.2 g