

Kids Cheese Sandwich

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	1 Sandwich
Servings Per Container	1
Amount Per Serving	
Calories 240	Calories From Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 6g	29%
Cholesterol 25mg	8%
Sodium 565mg	24%
Total Carbohydrates 25g	8%
Dietary Fiber 2g	9%
Protein 10g	
Vitamin A 10%	Vitamin C 0%
Calcium 20%	Iron 9%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Fat
High in Calcium
Good Source of Vitamin A
Good Source of Protein