



April 12

CREAM CHEESE GRILLED CHEESE

National Grilled Cheese Sandwich Day

INGREDIENTS

- 8 Slices of Bread (whole grain-rich or enriched) at least 28 grams each
- 8 Slices Cheddar Cheese (½ ounce each)
- 5 Ounces Cream Cheese
- 1 Tablespoon Parmesan (optional)
- 1 Tablespoon Mayonnaise (optional)
- Butter (as needed)

DIRECTIONS

1. In a small mixing bowl combine cream cheese with mayo and parmesan until nice and smooth.
2. Spread one side of each of your slices of bread with butter. In a non-stick pan with the heat OFF add 2 slices of bread butter-side-down.
3. Top with cheddar, followed by a dollop of cream cheese, topped with another slice of cheddar, then finish with another slice of bread butter-side-up.
4. Turn on heat to medium and fry both sides until golden with the cheese just starting to leak out.
5. Continue with remaining two sandwiches.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

4 Sandwiches

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|------------|------------|------------|------------|
| ½ Sandwich | ½ Sandwich | 1 Sandwich | 1 Sandwich |