

TOMATO CHEESE TOASTS

September 15

National Cheese Toast Day



INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain-rich)
- 12 Slices Provolone Cheese (1 ounce each)
- 12 Tomato Slices (1/8 inch thick)
- Dried Oregano (optional)

DIRECTIONS

1. Start the oven in broil mode.
2. Take slices of bread and place on a baking tray/sheet.
3. Top each bread slice with a slice of cheese.
4. Place a slice of tomato on top of the cheese.
5. Place the baking sheet on middle rack and broil for 4-5 minutes until cheese melts. Keep a close eye after 3 minutes as cheese burns very fast.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

12 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Slice	1/2 Slice	1 Slice	1 Slice