

**GRILLED HAM, EGG AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

| <b>Calories</b> | <b>Carbohydrates</b> | <b>Protein</b> | <b>Fat</b> | <b>Cholesterol</b> | <b>Sodium</b> | <b>Calcium</b> |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 344 cal         | 23 g                 | 21 g           | 18 g       | 237 mg             | 847 mg        | 263 mg         |

**Ingredient**

HAM,COOKED,BONELESS  
 COOKING SPRAY,NONSTICK  
 EGGS,WHOLE,FROZEN  
 CHEESE,AMERICAN,SLICED  
 BUN,HAMBURGER

**Weight**

6-1/4 lbs  
 2 oz  
 10 lbs  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 gal 2/3 qts  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Slice ham into 1 ounce slices.
- 2 Lightly spray griddle with non-stick cooking spray. Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Place 1 slice hot ham on top of egg.
- 3 Place 1 slice cheese on top of 1 slice of ham. Continue to cook until cheese melts.
- 4 Serve hot on buns. CCP: Hold for service at 140 F. or higher.