SHOPPING LIST

Grilled Cheese:

- ◯ Olive Oil
- ◯ Whole-Wheat Bread
- ◯ Pepper

With Apple:

- ◯ Apple
- ◯ Cheddar Cheese

With Tomato:

- ◯ Tomato
- ◯ Mozzarella Cheese
- ◯ Kosher Salt

CUT

CUT

CUT

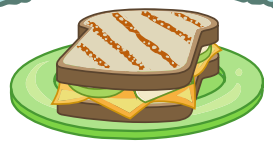
Corporal Cup presents

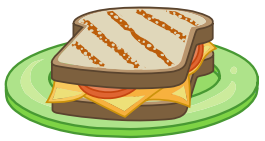
LUNCH

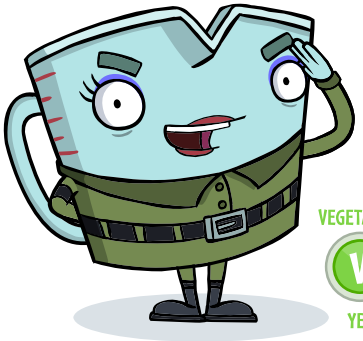
PBS KIDS GO!

FIZZY'S LUNCH LAB

Grilled Cheese 2 Ways







VEGETARIAN	TIME	DIFFICULTY	SERVES
V	L	M	1
YES	Under 30 min.	Medium	

YOU WILL NEED

Grilled Cheese & Apple

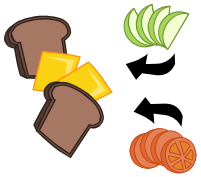
- **4** thin apple slices
- **2 slices** cheddar cheese
- **Pinch** black pepper
- **2 slices** whole-wheat bread
- **1 teaspoon** extra-virgin olive oil

Grilled Cheese & Tomato

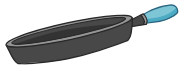
- **4 slices (¼" thick)** vine-ripe tomato
- **2 slices** mozzarella cheese
- **Pinch** black pepper & kosher salt
- **2 slices** whole-wheat bread
- **1 teaspoon** extra-virgin olive oil

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Sandwich the apples OR tomato, cheese, and pepper between the slices of bread. Brush both sides of the sandwich with the oil.



STEP 2: Heat a 10-inch nonstick skillet over medium heat; once hot, add the sandwich and press lightly with a spatula. Cook until golden brown on the first side, about 4 minutes. Flip the sandwich and brown on the second side, about 4 minutes longer. Serve.

Grilled Cheese & Tomato

Nutrition Facts

Serving Size 1 sandwich (89g)
Servings Per Container 1

Amount Per Serving		
Calories 290	Calories from Fat 140	
		% Daily Value*
Total Fat 16g		25%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 440mg		18%
Total Carbohydrate 24g		8%
Dietary Fiber 4g		16%
Sugars 3g		
Protein 14g		

Vitamin A 6% • Vitamin C 0%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grilled Cheese & Apple

Nutrition Facts

Serving Size 1 sandwich (146g)
Servings Per Container 1

Amount Per Serving		
Calories 320	Calories from Fat 140	
		% Daily Value*
Total Fat 16g		25%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 440mg		18%
Total Carbohydrate 32g		11%
Dietary Fiber 5g		20%
Sugars 9g		
Protein 14g		

Vitamin A 6% • Vitamin C 4%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4