🛒 Shopping + Supply List · Hot Ham and Cheese Sandwich

Transitions Level 1 · Cooking Lab · Thu 11/5/2026 · Blue 3rd period · For Grant and staff

⚠️ Assumptions (please check)

• **Class size:** about **8 students + 3 staff = 11 sandwiches**, plus **2 spares** for drops or re-dos = **13 sandwiches**. Change the totals if your count is different.

• **Amounts:** the Accessible Chef recipe lists only *butter, bread, cheese, ham* with no amounts. We use **2 bread, 1 cheese, 2 thin ham, a little butter** per sandwich.

• **Microwave:** 30 seconds each. With 1 microwave, 13 turns take about 10 to 13 minutes, which fits the 25-minute cook block.

• **Allergies / diet:** check health plans and IEPs for dairy, gluten, or pork. Swaps: turkey for ham, gluten-free bread, dairy-free cheese.

🧺 Food (for 13 sandwiches)

	Item	We need	Buy	✔️
🍞	Bread (sandwich loaf)	26 slices	2 loaves (about 20 slices each)	
🧀	Cheese slices (American or cheddar)	13 slices	1 pack of 16 to 24 slices	
🍖	Deli ham, thin sliced	26 thin slices	about 1 lb (or 2 packs, 8 to 9 oz each)	
🧈	Butter, soft tub spread (easier to spread)	about ¼ cup total	1 small tub (or 1 stick, left out 30 min to soften)	

🧰 Supplies

	Item	How many	✔️
🍽️	Microwave-safe paper plates	1 pack (25+)	
🔪	Butter knives (plastic is fine)	13+	
🧻	Napkins + paper towels	1 pack each	
🧤	Hot pad or oven mitt	1 to 2	
🧼	Hand soap at the sink	check stock	
🥼	Aprons + hair ties	1 per student	
🧽	Dish soap + sponge, trash bag	check stock	
🧴	Table cleaner (district-approved only)	check rules	
🛍️	Zip bags for leftovers	optional	

*Recipe and picture steps: **Hot Ham and Cheese Sandwich** by Anna Moyer, Accessible Chef (accessiblechef.com). Makes 1 sandwich. Recipe page: https://accessiblechef.com/recipes/hot-ham-and-cheese-sandwich/*