

Egg, Cheese, Ham, English Muffin

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Breakfast Sandwich

Nutrition Information

Calories	267.50	Protein	20.25g
Fat	7.75g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	152.50mg
Carbohydrates	30.25g	Fiber	5.00g
Sugar	4.00g	Sodium	980.00mg
Iron	4.30mg	Vitamin C	0.00mg
Vitamin A	752.50IU	Calcium	177.50mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	403572	MUFFIN ENG HNY WHE 2Z BKD 72-2Z	
4 Slice	294187	HAM SLCD .5Z 4-2.5 GFS	
1 Slice	722360	CHEESE AMER 160CT SLCD R/F 6- 5 LOL	
1 Each	043778	Grilled Scrambled Egg Pattie	THAW

Preparation Instructions