

Bacon & Egg Bagel

Servings:	1.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Bacon & Egg bagel

Nutrition Information

Calories	228.20	Protein	10.50g
Fat	8.50g	SaturatedFat	2.00g
Trans Fat	0.00g	Cholesterol	83.50mg
Carbohydrates	29.00g	Fiber	4.00g
Sugar	4.00g	Sodium	366.80mg
Iron	2.16mg	Vitamin C	0.02mg
Vitamin A	110.11IU	Calcium	54.38mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	462519	EGG SCRMBD PTY RND 3.25 200-1Z GFS	Bake till 140 degrees for higher
1 Slice	365620	BACON CKD RND WHOLE MUSCLE 2-96CT GFS	Bake till 140 degrees for higher
1 Each	217911	BAGEL WHT WGRAIN IW 72-2Z LENDER	Thaw and serve

Preparation Instructions

One bagel, one egg patty, one bacon round. Assemble and serve.

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION