

Egg & Cheese Omelet

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

Egg & Cheese Omelet

Nutrition Information

Calories	125.00	Protein	7.40g
Fat	9.80g	SaturatedFat	3.70g
Trans Fat	0.16g	Cholesterol	164.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	0.00g	Sodium	284.60mg
Iron	0.65mg	Vitamin C	0.00mg
Vitamin A	307.79IU	Calcium	84.54mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	240080	EGG OMELET CHS COLBY 144-2.1Z	

Preparation Instructions

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.