

# **Cookbook for Crab Orchard**

**Created by HPS Menu Planner**

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Omelet & Toast

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NO IMAGE

<b>Servings:</b>	150.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-18105
<b>School:</b>	Crab Orchard		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	150 Each		240080
BREAD WGRAIN HNY WHT 16-24Z GCHC	1 1/2 Slice		204822
PAN COAT/TPNG SPRY BTR 6-16.5Z GFS	1 1/2 Each		758370

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.01
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Piece

#### Amount Per Serving

<b>Calories</b>	121.02		
<b>Fat</b>	10.01g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	301.15mg		
<b>Carbohydrates</b>	1.18g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.03g		
<b>Protein</b>	7.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	83.30mg	<b>Iron</b>	1.01mg
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