

Cookbook for Kennedy Middle School

Created by HPS Menu Planner

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McKAY'S SAUSAGE EGG BREAKFAST SANDWICH

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NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-32000
School:	Kennedy Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	50 Slice	1 Case = 640 (4 x 160 per Package) Cheese, American, Reduced Fat, Pasteurized Process Yellow, Sliced, 160 Count, Reduced Sodium, 0.5 Ounce READY TO EAT	247822
SAUSAGE TKY LNK BKfst CKD 160-1.025Z	1 Each	GRILL Flat grill: preheat to 350 degrees f. Place frozen beef on grill. After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings. Beef should have an evenly brown appearance when completely cooked.	352740
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
100% Whole Wheat English Muffins	1 muffin		9528

Preparation Instructions

To assemble

Place thawed English Muffin on sheet tray, add cooked sausage patty then cooked egg patty then 1 slice of cheese and top with muffin top. Cover sheet tray with cooking bag.

Place in hot holding for no longer than 30 minutes.

1 complete breakfast sandwich per serving portion

Meal Components (SLE)

Amount Per Serving

Meat	0.535
Grain	0.040
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	44.70		
Fat	3.18g		
SaturatedFat	1.79g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	148.60mg		
Carbohydrates	1.48g		
Fiber	0.00g		
Sugar	0.52g		
Protein	3.82g		
Vitamin A	0.65IU	Vitamin C	0.00mg
Calcium	103.80mg	Iron	0.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available