

# Breakfast for Lunch w/egg omelet

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45994

## Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS COLBY	1 Each	554470
SAUSAGE LNK CKD SKNLS 1Z	2 Each	734969
BREAD ELFIN BLUEB LOAF WGRAIN	1 Each	592048
HASHBROWN FAST 2.5Z	2 Each	242241

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving	
<b>Calories</b>	760.00
<b>Fat</b>	51.00g
<b>SaturatedFat</b>	18.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	245.00mg
<b>Sodium</b>	1240.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	23.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 3.22mg

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

### Nutrition - Per 100g

No 100g Conversion Available