

# Breakfast Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49697
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROISSANT WGRAIN SLCD 2.2Z	1 Each		662882
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2minutes if frozen, 2 1 2 - 3 minutes if thawed. <b>GRILL</b> To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3- 4 if thawed.	588510

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 sandwich

Amount Per Serving	
<b>Calories</b>	380.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	152.50mg
<b>Sodium</b>	900.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 143.00mg	<b>Iron</b> 1.85mg

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

## Nutrition - Per 100g

No 100g Conversion Available