

# Cheesy Eggs with Bacon, French Toast Sticks and Smokey Link

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11676
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each		652370
SAUSAGE LNK SMOKEY CKD 16/	1 Each		720038
EGG SCRMBD CKD W/BCN CHS	2 Ounce		533034

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.630
<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 Each

Amount Per Serving	
<b>Calories</b>	520.00
<b>Fat</b>	28.50g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	190.00mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	46.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 5.81IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 89.46mg	<b>Iron</b> 3.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available