

"UNCRUSTABLE" BREAKFAST SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40380
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND BKFST WGRAIN	1 Each		261748

Preparation Instructions

Basic Preparation:

Place frozen individually wrapped sandwiches on an oven-safe tray and heat in the oven-safe wrapper. No need to thaw or vent.

Thawing Instructions:

None. Heat from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	160.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	230.00mg
Carbohydrates	16.00g
Fiber	1.00g
Sugar	3.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available