

# Sausage, Egg & Cheese on English Muffin

|                      |                     |                       |                  |
|----------------------|---------------------|-----------------------|------------------|
| <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>    | Breakfast           | <b>Recipe ID:</b>     | R-41904          |
| <b>School:</b>       | Concord High School |                       |                  |

## Ingredients

| Description                                    | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| SAUSAGE PTY CHIX CKD 1.5Z                      | 1 Each      | N/A               | 588510     |
| EGG SCRMBD PTY RND GRLLD                       | 1 Each      |                   | 208990     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     |                   | 100036     |
| MUFFIN ENG WGRAIN SLCD 2Z                      | 1 Each      | N/A               | 687131     |

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Updated 8.14.24

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <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>      | 285.00   |
| <b>Fat</b>           | 13.50g   |
| <b>SaturatedFat</b>  | 4.00g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 122.50mg |
| <b>Sodium</b>        | 770.00mg |
| <b>Carbohydrates</b> | 23.00g   |
| <b>Fiber</b>         | 1.00g    |
| <b>Sugar</b>         | 1.50g    |
| <b>Protein</b>       | 18.00g   |
| <b>Vitamin A</b>     | 32.73IU  |
| <b>Vitamin C</b>     | 1.21mg   |
| <b>Calcium</b>       | 105.00mg |
| <b>Iron</b>          | 1.96mg   |

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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