

Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41903
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each		687131

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	2.000
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 Sandwich

Amount Per Serving	
Calories	245.00
Fat	10.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	640.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	2.00g
Protein	15.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available