

# Egg & Cheese on Croissant

<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-45878
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
CROISSANT BKD PLN MARG SLCD	1 Each	***Non-Whole Grain ***	120872

## Preparation Instructions

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

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

Updated 8.14.24

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<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>	325.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.50mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.10g
<b>Sugar</b>	5.50g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.70mg

\*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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