

Bacon, Egg & Cheese on English Muffin

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|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Sandwich | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-41902 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------------------|-------------|-------------------|------------|
| BACON CKD RND | 1 Each | N/A | 433608 |
| EGG SCRMBD PTY RND GRLLD | 1 Each | | 208990 |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 2 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..

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 | 295.00 |
| Fat | 14.00g |
| SaturatedFat | 5.50g |
| Trans Fat | 0.00g |
| Cholesterol | 105.00mg |
| Sodium | 850.01mg |
| Carbohydrates | 24.00g |
| Fiber | 1.00g |
| Sugar | 2.00g |
| Protein | 19.00g |
| 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
