

Egg & Cheese on Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45877
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
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

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

Updated 5.6.24

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	275.00		
Fat	10.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	90.00mg		
Sodium	530.00mg		
Carbohydrates	31.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	15.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	45.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available
