Grizzly McMuffin

Servings:	1.00	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49195

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND GRLLD	1 Each		208990
HAM SLCD .5Z	2 Ounce	USE COMMODITY HAM!	294187
CHEESE AMER 160CT SLCD R/F	1 Slice	USE COMMODITY CHEESE	722360

Preparation Instructions

Gather all ingredients needed. Wash hands and put on fresh pair of gloves.

Open English muffins and layer ingredients on the bottom bun in the following order: ham first, then egg patty, and finally the slice of cheese on top.

Commodity HAM Crediting:

- One case of ham provides about 525 1.22-ounce

portions. (262 2.44 ounce portions)

-CN Crediting: 1.22 ounces of ham credit as 1 ounce

equivalent meat/meat alternate.

Commodity CHEESE Crediting/Yield

?? One case yields approximately 256 0.75?ounce slices of cheese.

?? CN Crediting: A 0.75 ounce slice of cheese credits as 3/4 oz equivalent meat/meat alternate.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
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: 0.00

Amount Per Serving	
Calories	266.67
Fat	9.00g
SaturatedFat	2.92g
Trans Fat	0.00g
Cholesterol	109.17mg
Sodium	1103.33mg
Carbohydrates	24.33g
Fiber	1.00g
Sugar	2.83g
Protein	24.50g

Vitamin A	32.73IU	**Vitamin C**	0.01mg
Calcium	201.00mg	**Iron**	2.13mg

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

Nutrition - Per 100g

No 100g Conversion Available