

Brunch for Lunch Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX	4 Ounce	2 oz scrambled eggs =1.25 oz Meat Alternate	616631
SAUSAGE TKY LNK BKFST CKD	2 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
SYRUP PANCK CUP	1 Each	BAKE	160090
FRENCH TST STIX WGRAIN	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021

Preparation Instructions

- Scramble eggs according to directions.
CCP: Hold at 135F or above for service.
- Bake french toast sticks and sausage links.
- Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.250
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 Serving

Amount Per Serving	
Calories	740.00
Fat	30.20g
SaturatedFat	7.40g
Trans Fat	0.00g
Cholesterol	512.00mg
Sodium	764.00mg
Carbohydrates	78.00g
Fiber	2.00g
Sugar	42.00g
Protein	36.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 157.60mg	Iron 3.54mg

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

Nutrition - Per 100g

No 100g Conversion Available