

Omelet with Toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19532
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	1 Each	462489
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
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 Each

Amount Per Serving	
Calories	280.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	260.00mg
Sodium	720.00mg
Carbohydrates	21.00g
Fiber	2.00g
Sugar	5.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.00mg	Iron 7.00mg

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

Nutrition - Per 100g

No 100g Conversion Available