

Scrambled Eggs w/toast-Northwood High

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-19531
School:	Northwood High School		

Ingredients

Description	Measurement	DistPart #
EGG SCRMBD CKD FZ 4-5 GCHC	6 Ounce	584584
380 - Aunt Millie's WG Honey White Bread	1 Each	380

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.027
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	301.91
Fat	13.11g
SaturatedFat	3.03g
Trans Fat	0.00g
Cholesterol	378.41mg
Sodium	826.00mg
Carbohydrates	20.03g
Fiber	2.00g
Sugar	6.03g
Protein	21.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 117.04mg	Iron 9.03mg

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

Nutrition - Per 100g

No 100g Conversion Available