

Cheesy Eggs with Bacon, French Toast Sticks and Smokey Link



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11676
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	3 Each		652370
SAUSAGE LNK SMOKEY CKD 16/	1 Each		720038
EGG SCRMBD CKD W/BCN CHS	2 Ounce		533034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.630
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		520.00	
Fat		28.50g	
SaturatedFat		7.00g	
Trans Fat*		0.00g	
Cholesterol		190.00mg	
Sodium		940.00mg	
Carbohydrates		46.50g	
Fiber		3.00g	
Sugar		10.50g	
Protein		19.00g	
Vitamin A	5.81IU	Vitamin C	0.00mg
Calcium	89.46mg	Iron	3.26mg

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

Nutrition - Per 100g

No 100g Conversion Available