

SAUSAGE, EGG BREAKFAST WRAP



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38037
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP BKFST TKY SAUS/EGG/CHS	1 Each	PREPARED Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used. Convection Oven: Preheat Oven to 300 deg. F. Frozen: Bake 16-18 min. Refrigerated: 13-15. Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Bake for 18-20 min. Refrigerated: Cook for 15-17 min. Microwave: Frozen: Heat for 50 secs. Refrigerated: Heat for 30 secs.	535094

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 1.00 Each

Amount Per Serving			
Calories		236.20	
Fat		10.10g	
SaturatedFat		3.70g	
Trans Fat*		0.00g	
Cholesterol		64.00mg	
Sodium		318.50mg	
Carbohydrates		27.00g	
Fiber		4.00g	
Sugar		1.00g	
Protein		11.10g	
Vitamin A	230.77IU	Vitamin C	0.20mg
Calcium	123.60mg	Iron	2.57mg

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

Nutrition - Per 100g

No 100g Conversion Available