

"UNCRUSTABLE" BREAKFAST SANDWICH



| | | | |
|---------------|------------------------|----------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-40380 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| SAND BKFST WGRAIN | 1 Each | | 261748 |

Preparation Instructions

Basic Preparation:
Place frozen individually wrapped sandwiches on an oven-safe tray and heat in the oven-safe wrapper. No need to thaw or vent.

Thawing Instructions:
None. Heat from frozen.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.000 |
| 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 | 160.00 | | |
| Fat | 8.00g | | |
| SaturatedFat | 2.00g | | |
| Trans Fat* | 0.00g | | |
| Cholesterol | 45.00mg | | |
| Sodium | 230.00mg | | |
| Carbohydrates | 16.00g | | |
| Fiber | 1.00g | | |
| Sugar | 3.00g | | |
| Protein | 7.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available