

HAM, EGG, CHEESE ENGLISH MUFFIN SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47825
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 300 - 1.25Z	1 Each		427073
HAM SLCD .5Z	1 Slice		294187
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648
Bongards Yellow Process American Loaf - 5#	14 Gram		123646

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.375
Grain	2.040
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		257.52	
Fat		9.87g	
SaturatedFat		3.63g	
Trans Fat*		0.00g	
Cholesterol		112.46mg	
Sodium		595.00mg	
Carbohydrates		26.75g	
Fiber		1.00g	
Sugar		1.75g	
Protein		12.25g	
Vitamin A	0.00IU**	Vitamin C	0.00mg
Calcium	184.98mg	Iron	2.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available