

Colby Cheese Omelet



| | | | |
|----------------------|---------------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-8343 |
| School: | Fancy Farm Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|--|------------|
| EGG OMELET CHS COLBY | 1 Each | BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes | 240080 |

Preparation Instructions

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.000 |
| 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 | | 120.00 | |
| Fat | | 10.00g | |
| SaturatedFat | | 3.50g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 165.00mg | |
| Sodium | | 300.00mg | |
| Carbohydrates | | 1.00g | |
| Fiber | | 0.00g | |
| Sugar | | 0.00g | |
| Protein | | 7.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 83.00mg | Iron | 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available