

Eagle Muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41516
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG OMELET CHS COLBY	1 Each	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes.	554470
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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 Serving

Amount Per Serving			
Calories		247.50	
Fat		9.13g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		168.13mg	
Sodium		502.50mg	
Carbohydrates		26.13g	
Fiber		1.00g	
Sugar		1.13g	
Protein		13.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	176.00mg	Iron	2.45mg

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

Nutrition - Per 100g

No 100g Conversion Available