

Breakfast Casserole



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41746
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	57 Each		206547
Prairie Farms 1% Low Fat White Milk	3 Quart		
Ham, Cubed Frozen	7 Pound		100188-H
SPICE MUSTARD GRND	1 Pint 1 Tablespoon 1 0.030680172444744 Teaspoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Pint 1 Cup (7 Cup)		100012
Breadstick, Mozzarella Cheese, Whole Wheat, Frozen	1 breadstick		122934

Preparation Instructions

- EACH 2B PAN:
- 18 eggs
 - 2# diced ham
 - 4 cups milk
 - 2 cups shredded cheese
 - 2 tsp mustard
 - 18 slices bread-cubed
 - Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

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: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		93.62	
Fat		5.91g	
SaturatedFat		2.97g	
Trans Fat*		0.00g	
Cholesterol		116.60mg	
Sodium		307.19mg	
Carbohydrates		2.40g	
Fiber		0.01g	
Sugar		1.10g	
Protein		10.19g	
Vitamin A	0.15IU**	Vitamin C	0.03mg**
Calcium	16.21mg	Iron	0.58mg

*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	
------------------------------	--