

# 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	12 Cup		
Ham, Cubed Frozen	112 Ounce		100188-H
SPICE MUSTARD GRND	2 Cup 1 Tablespoon (100 Teaspoon)		224928
Cheese, Cheddar Reduced fat, Shredded	7 Cup		100012

## 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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>		92.07	
<b>Fat</b>		5.83g	
<b>Saturated Fat</b>		2.92g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		116.40mg	
<b>Sodium</b>		304.98mg	
<b>Carbohydrates</b>		2.28g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.08g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		10.09g	
<b>Vitamin A</b>	0.15mcg	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	14.70mg	<b>Iron</b>	0.57mg

## Nutrition - Per 100g

No 100g Conversion Available