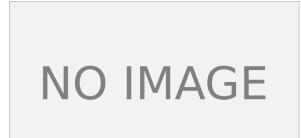
## **Breakfast Casserole**



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	7 Pound		100188-H
SPICE MUSTARD GRND	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

Meat	2.000	
Grain	0.000	
Fruit	0.000	
GreenVeg	0.000	
RedVeg	0.000	
OtherVeg	0.000	
Beans, Peas, and Lentils	0.000	
Starch	0.000	

#### **Nutrition Facts**

Servings Per Recipe: 100.00 Serving Size: 1.00 Cup

Amount Per Serving					
Calories		92.07			
Fat		5.83g			
Saturated	Fat	2.92g			
Trans Fa	at	0.00g			
Cholesterol		116.40mg			
Sodium		304.98mg			
Carbohydrates		2.28g			
Fiber		0.00g			
Sugar		1.08g			
Added Sugar		0.00g			
Protein		10.09g			
Vitamin A 0.1	l5mcg	Vitamin C	0.03mg		
Calcium 14	.70mg	Iron	0.57mg		

### Nutrition - Per 100g

No 100g Conversion Available