

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 Fat		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	0.15mcg	Vitamin C	0.03mg
Calcium	14.70mg	Iron	0.57mg

Nutrition - Per 100g

No 100g Conversion Available