

Egg & Cheese on Croissant

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45878
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---Use GFS#499789 when Brown Box not available	100036
CROISSANT BKD PLN MARG SLCD	1 Each	***Non-Whole Grain ***	120872

Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

Updated 8.13.25

Meal Components

Amount Per Serving

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Meat/Meat Alternate	1.250
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	325.00
Fat	16.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	82.50mg
Sodium	480.00mg
Carbohydrates	34.00g
Fiber	1.10g
Total Sugar	5.50g
Added Sugar	4.00g
Protein	11.00g
Vitamin A 32.73mcg	Vitamin C 0.01mg
Calcium 15.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available
