

# Eagle Griddle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-39386
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	1 Slice	HEAT ON GRILL FOR 30 SECONDS PER SIDE MICROWAVE ON HIGH FOR 10 SECONDS PER STRIP BAKE IN OVEN FOR 1-2 MINUTES UNTIL DESIRED CRISPINESS	874124
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
EGG SCRMBD PTY GRLLD	1 Each	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes.	663091

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EGG:

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PANCAKES: 2

BACON: 1 SLICE

EGG PATTIE: 1

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	153.33
<b>Fat</b>	6.90g
<b>Saturated Fat</b>	1.70g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	108.33mg
<b>Sodium</b>	298.53mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	5.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	6.43g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.60mg	<b>Iron</b> 0.79mg

## Nutrition - Per 100g

No 100g Conversion Available