

Eagle Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41516
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/ W/A	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG OMELET CHS COLBY	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.	554470
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.040
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 Serving

Amount Per Serving	
Calories	247.50
Fat	9.13g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	168.13mg
Sodium	502.50mg
Carbohydrates	26.13g
Fiber	1.00g
Total Sugar	1.13g
Added Sugar	0.00g
Protein	13.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 176.00mg	Iron 2.45mg

Nutrition - Per 100g

No 100g Conversion Available