

Breakfast Club

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-43921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.	874124
BREAD WGRAIN WHT 16-22Z GCHC	2 Each	Thaw and serve. If desired, can be toasted or baked.	266547
EGG OMELET CHS COLBY	1 Each	BAKE Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes	240080

Preparation Instructions

BAKE

Convection or Combination Oven: Preheat oven to 350°F, Line sheet trays with pan liner or parchment paper, Place product on sheet trays, For bulk product, cover with foil prior to placing in oven. For individually wrapped product, do not allow wrapper to touch edges of pan; no need to cover with foil. Heat product per recommended heating times. Total cooking time from thawed state 10 minutes and from frozen state 20 minutes

Standard Prep: Place bacon on sheet pan. Heating time 7-9 minutes for full sheet pan in 350 F convection oven.

Thaw and serve. If desired, can be toasted or baked.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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 Each

Amount Per Serving	
Calories	171.52
Fat	13.86g
Saturated Fat	4.90g
Trans Fat	0.02g
Cholesterol	171.67mg
Sodium	475.25mg
Carbohydrates	1.97g
Fiber	0.12g
Total Sugar	0.12g
Added Sugar	0.12g
Protein	10.05g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 84.82mg	Iron 1.18mg

Nutrition - Per 100g

No 100g Conversion Available