

Green Eggs & Ham



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-12942
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275Â°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300Â°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
HAM SMKD RND CLSC W/A	2 Ounce		179906
COLORING FOOD GREEN	1 Cup		573051

Preparation Instructions

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, and cover the pan with foil. Begin cook process, stirring the product every 10 minutes. **CONVECTION OVEN - 275Â°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300Â°F Thawed: 30-35 minutes Frozen: 35-40 minutes**

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

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

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	0.000
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: 4.00 Ounce

Amount Per Serving	
Calories	259.47
Fat	10.53g
Saturated Fat	3.00g
Trans Fat	0.08g
Cholesterol	255.33mg
Sodium	2098.53mg
Carbohydrates	6.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	33.60g
Vitamin A 4.96mcg	Vitamin C 0.12mg
Calcium 60.36mg	Iron 6.72mg

Nutrition - Per 100g

Calories	228.81
Fat	9.29g
Saturated Fat	2.65g
Trans Fat	0.07g
Cholesterol	225.17mg
Sodium	1850.59mg
Carbohydrates	5.29g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	29.63g
Vitamin A 4.37mcg	Vitamin C 0.11mg
Calcium 53.23mg	Iron 5.93mg