

# Breakfast Club



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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	<b>BAKE</b> 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

<b>Meat/Meat Alternate</b>	2.000
<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 Each

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

## Nutrition - Per 100g

No 100g Conversion Available