

Cheese Omelet & Whole Grain Toast

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8576
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS CHED 65-3.5Z GCHC	50 Each		462489
24 oz White Wheat Bread, Split Top 5/8" Slice	50 Slice	READY_TO_EAT	11162
BUTTER PRINT UNSLTD GRD AA	50 Tablespoon		299405

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	1.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving	
Calories	360.00
Fat	26.00g
Saturated Fat	13.00g
Trans Fat	0.00g
Cholesterol	290.00mg
Sodium	690.00mg
Carbohydrates	17.00g
Fiber	1.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 144.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	2540.58
Fat	183.49g
Saturated Fat	91.74g
Trans Fat	0.00g
Cholesterol	2046.58mg
Sodium	4869.44mg
Carbohydrates	119.97g
Fiber	7.06g
Total Sugar	28.23g
Added Sugar	0.00g
Protein	105.86g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1016.23mg	Iron 7.06mg