

Sausage & Cheese Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51565
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
SAUSAGE PTY TKY CKD	1 Each		184970

Preparation Instructions

1. Cook sausage at 350 degrees for 10-12 mins and reaches an internal temp of 165 or higher
2. Split English muffins in half and spray each half with butter flavored spray place on a sheet pan and toast at 350 for 7-8 mins until muffins are warmed through and toasted golden brown.
3. Place 1 American cheese slice on bottom half of English muffin then top with 1 sausage patty and place top of English muffin on top and wrap sandwich in foil, serve 1 sandwich per serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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	215.00
Fat	7.50g
Saturated Fat	2.25g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	570.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	0.00g
Protein	14.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 170.00mg	Iron 2.01mg

Nutrition - Per 100g

No 100g Conversion Available