

Cheese Omelet

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-21658
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	50 Each		240080

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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: 50.00

Serving Size: 1.00 set

Amount Per Serving	
Calories	120.00
Fat	10.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	300.00mg
Carbohydrates	1.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	7.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available