

Egg & Cheese on a Whole Grain Biscuit

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3707
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
DOUGH BISC WGRAIN	1 Each	BAKE Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain biscuit as stated on package.

Once egg patty and biscuit are prepared, split the biscuits in half. Place 1 egg patty on the bottom half of biscuit. Then place 1 slice of American cheese on top of the egg patty. Last, place the other half of the biscuit on top of the cheese.

Cover and place in warmer until ready to serve.

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 Breakfast Sandwich

Amount Per Serving	
Calories	325.00
Fat	17.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	665.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	3.50g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 219.50mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available