

Breakfast Croissant

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49836
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5"	1 Each		741320
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
CROISSANT MARG SLCD WGRAIN	1 Each		169268
SAUSAGE PTY CKD CN 1.5Z	1 Each		466891

Preparation Instructions

Place 4 slices of ham, 1 egg, and 1 cheese in bagel.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	387.27
Fat	23.27g**
Saturated Fat	10.41g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	946.36mg
Carbohydrates	19.18g
Fiber	0.91g
Total Sugar	3.36g
Added Sugar	1.36g
Protein	16.27g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 214.82mg	Iron 0.91mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available