

# Breakfast Sandwich

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47981
<b>School:</b>	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 slices		499789
CROISSANT MARG SLCD WGRAIN	1 Each		169268

## Preparation Instructions

Assembly:

Place cheese & egg on bottom of croissant. Place top on sandwich.

Serve:

Wrap in foil sheet, heat @ 300 until 160.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	207.27
<b>Fat</b>	6.27g**
<b>Saturated Fat</b>	4.41g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	110.00mg
<b>Sodium</b>	666.36mg
<b>Carbohydrates</b>	18.18g
<b>Fiber</b>	0.91g
<b>Total Sugar</b>	3.36g
<b>Added Sugar</b>	1.36g
<b>Protein</b>	10.27g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 214.82mg	<b>Iron</b> 0.55mg

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

## Nutrition - Per 100g

No 100g Conversion Available