

Breakfast Casserole

Servings:	64.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33587
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SHL MED A GRD	36 Each		206547
Prairie Farms 1% Low Fat White Milk	8 Cup		
SPICE MUSTARD GRND	4 Teaspoon		224928
Ham, Cubed Frozen	4 Pound		100188-H
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	4 Cup	UNPREPARED	100012
380 - Aunt Millie's WG Honey White Bread	36 Each		380

Preparation Instructions

EACH 2B PAN:

18 eggs

2# diced ham

4 cups milk

2 cups shredded cheese

2 tsp mustard

18 slices bread-cubed

Combine all ingredients

and put in greased 2B pans and bake UNCOVERED for 25 minutes @300 degrees until eggs are set and it is at least 170 degrees.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.913
Grain	0.563
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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	138.77
Fat	5.99g
Saturated Fat	2.69g
Trans Fat	0.00g
Cholesterol	112.80mg
Sodium	368.29mg
Carbohydrates	11.62g
Fiber	1.13g
Total Sugar	2.68g
Added Sugar	0.00g
Protein	11.04g
Vitamin A 0.16mcg RAE	Vitamin C 0.03mg
Calcium 15.66mg	Iron 3.94mg

Nutrition - Per 100g

Calories	391.55
Fat	16.90g
Saturated Fat	7.58g
Trans Fat	0.00g
Cholesterol	318.29mg
Sodium	1039.19mg
Carbohydrates	32.80g
Fiber	3.17g
Total Sugar	7.56g
Added Sugar	0.00g
Protein	31.14g
Vitamin A 0.44mcg RAE	Vitamin C 0.09mg
Calcium 44.18mg	Iron 11.11mg