

Bacon, Egg & Cheese on Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58647
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each	N/A	433608
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	100036
BISCUIT WGRAIN EZ SPLIT	1 Each	N/A	631902

Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	1.750
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 Sandwich

Amount Per Serving	
Calories	395.00
Fat	22.50g
Saturated Fat	12.50g
Trans Fat	0.00g
Cholesterol	105.00mg
Sodium	990.01mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	17.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 185.00mg	Iron 1.50mg

Nutrition - Per 100g

Calories	3291.68
Fat	187.50g
Saturated Fat	104.17g
Trans Fat	0.00g
Cholesterol	875.01mg
Sodium	8250.07mg
Carbohydrates	250.00g
Fiber	16.67g
Total Sugar	25.00g
Added Sugar	16.67g
Protein	141.67g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 1541.67mg	Iron 12.50mg