

# Bacon, Egg & Cheese on Croissant

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-45875
<b>School:</b>	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	1 Slice	Use Brown Box Commodity---Use GFS#499789 when Brown Box not available	100036
CROISSANT BKD PLN MARG SLCD	1 Each	***Non-Whole Grain***	120872

## Preparation Instructions

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

Note: Watch how many times a week these are served so to meet 80% Whole Grain.

Updated 8.13.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	2.000
<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 Sandwich

Amount Per Serving	
<b>Calories</b>	375.00
<b>Fat</b>	20.00g
<b>Saturated Fat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	97.50mg
<b>Sodium</b>	690.01mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.10g
<b>Total Sugar</b>	5.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	15.00g
<b>Vitamin A</b> 32.73mcg RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 15.00mg	<b>Iron</b> 1.70mg

## Nutrition - Per 100g

<b>Calories</b>	3125.02
<b>Fat</b>	166.67g
<b>Saturated Fat</b>	70.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	812.51mg
<b>Sodium</b>	5750.07mg
<b>Carbohydrates</b>	283.33g
<b>Fiber</b>	9.17g
<b>Total Sugar</b>	45.83g
<b>Added Sugar</b>	33.33g
<b>Protein</b>	125.00g
<b>Vitamin A</b> 272.75mcg RAE	<b>Vitamin C</b> 0.08mg
<b>Calcium</b> 125.00mg	<b>Iron</b> 14.17mg