

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-58648
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

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	345.00
Fat	18.50g
Saturated Fat	11.00g
Trans Fat	0.00g
Cholesterol	90.00mg
Sodium	780.00mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	13.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 185.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available
