

# Sausage, Egg & Cheese on English Muffin

<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-41904
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	N/A	588510
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity Use GFS #499789 when Brown Box not available	100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	N/A	687131

## Preparation Instructions

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

Updated 8.13.25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<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>	285.00
<b>Fat</b>	13.50g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	122.50mg
<b>Sodium</b>	770.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	1.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 32.73mcg RAE	<b>Vitamin C</b> 1.21mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 1.96mg

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---