

Muffin, Cheese and Egg Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	BAKE	680130
EGG HRD CKD PLD REF	1 Each		787136
CARROT BABY WHL CLEANED	1/2 Cup		510637

Preparation Instructions

Place in 3 compartment clear container- for cold service 41F or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
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 Serving

Amount Per Serving			
Calories	365.01		
Fat	17.00g		
Saturated Fat	7.50g		
Trans Fat	0.00g		
Cholesterol	235.02mg		
Sodium	430.01mg		
Carbohydrates	40.00g		
Fiber	4.00g		
Total Sugar	20.00g		
Added Sugar	17.00g		
Protein	16.00g		
Vitamin A	9695.00mcg RAE**	Vitamin C	2.00mg**
Calcium	278.00mg	Iron	3.50mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	1287.50		
Fat	59.97g		
Saturated Fat	26.46g		
Trans Fat	0.00g		
Cholesterol	828.99mg		
Sodium	1516.78mg		
Carbohydrates	141.09g		
Fiber	14.11g		
Total Sugar	70.55g		
Added Sugar	59.96g		
Protein	56.44g		
Vitamin A	34197.53mcg RAE**	Vitamin C	7.05mg**
Calcium	980.61mg	Iron	12.35mg

**One or more nutritional components are missing from at least one item on this recipe.