

Bacon Egg & Cheese English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-39406
School:	Concord Jr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON TKY CKD	1 Slice		834770
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If not available use GFS#499789	100036
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	Thaw	687131

Preparation Instructions

Bacon: Thaw and warmed until 135 degrees

Egg: Heat according to package directions

English Muffin: Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.

For service place egg, bacon, slice of cheese between two english muffin halves. Hold in warmer or on steamtable until ready to serve.

Updated 5.27.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
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 Each

Amount Per Serving	
Calories	226.43
Fat	8.93g
Saturated Fat	2.86g
Trans Fat	0.00g
Cholesterol	88.75mg
Sodium	610.73mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.18g
Protein	13.79g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.66mg

Nutrition - Per 100g

Calories	4474.94
Fat	176.46g
Saturated Fat	56.47g
Trans Fat	0.00g
Cholesterol	1753.97mg
Sodium	12069.80mg
Carbohydrates	454.55g
Fiber	19.76g
Total Sugar	29.64g
Added Sugar	3.53g
Protein	272.45g
Vitamin A 646.84mcg RAE	Vitamin C 0.20mg
Calcium 2075.10mg	Iron 32.89mg