

Colby Omelet with 1/2 slice toast

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58605
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each	Basic Preparation CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF OMELETS IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 21-24 MIN. FROZEN 29-33 MIN.	240080
Toast Option	1/2 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.500
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	185.00
Fat	14.00g
Saturated Fat	4.13g
Trans Fat	0.00g
Cholesterol	165.00mg
Sodium	362.50mg
Carbohydrates	7.50g
Fiber	0.50g
Total Sugar	0.50g
Added Sugar	0.50g
Protein	8.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 100.25mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available