

Sausage and Cheese English Muffin Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58357
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	Thaw	687131
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

Preparation Instructions

1. Thaw english muffin in refrigeration overnight or pull from freezer 3-4 hours to sit at room temperature.
2. Cook sausage according to package.

To assemble sandwich place 1 sausage patty and 1 slice of cheese between two english muffin halves and hold in hot hold until service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
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	260.00
Fat	10.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	660.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	20.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available