

Bacon, Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-76295
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD RND	1 Each	N/A	433608
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.

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 Sandwich

Amount Per Serving	
Calories	255.00
Fat	11.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	97.50mg
Sodium	710.01mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 32.73mcg RAE	Vitamin C 0.01mg
Calcium 105.00mg	Iron 1.60mg

Nutrition - Per 100g

Calories	2125.02
Fat	95.83g
Saturated Fat	33.33g
Trans Fat	0.00g
Cholesterol	812.51mg
Sodium	5916.74mg
Carbohydrates	191.67g
Fiber	8.33g
Total Sugar	12.50g
Added Sugar	0.00g
Protein	133.33g
Vitamin A 272.75mcg RAE	Vitamin C 0.08mg
Calcium 875.00mg	Iron 13.33mg