

# Bacon, Egg & Cheese on Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-76296
<b>School:</b>	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
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Cook each item according to directions on items package. Assembly sandwich for service.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	11.50g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	97.50mg
<b>Sodium</b>	600.01mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	5.50g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 32.73mcg RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 1.20mg

## Nutrition - Per 100g

<b>Calories</b>	2375.02
<b>Fat</b>	95.83g
<b>Saturated Fat</b>	33.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	812.51mg
<b>Sodium</b>	5000.07mg
<b>Carbohydrates</b>	250.00g
<b>Fiber</b>	33.33g
<b>Total Sugar</b>	45.83g
<b>Added Sugar</b>	41.67g
<b>Protein</b>	133.33g
<b>Vitamin A</b> 272.75mcg RAE	<b>Vitamin C</b> 0.08mg
<b>Calcium</b> 375.00mg	<b>Iron</b> 10.00mg