

# Sausage, Egg, & Cheese Pancake Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-47902
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	N/A	156101
EGG SCRMBD PTY RND GRLLD	1 Each		208990
SAUSAGE PTY TKY CKD	1 Each		184970
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

## Preparation Instructions

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

Updated 4.20.26

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<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 Each

Amount Per Serving	
<b>Calories</b>	305.00
<b>Fat</b>	13.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	122.50mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	10.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 32.73mcg RAE	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 88.20mg	<b>Iron</b> 1.82mg

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---