

Recipe Prep Sheet

American Dairy Association North East

990105 - Breakfast Sandwich ~ Egg & Cheese

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
001042	CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	50 slice (.5 oz)	No Instructions Assigned
990381	English Muffin 100%WW	50 each	
051781	Egg, Patties, Cooked, 1.0 MMA	50 patty	
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Assemble Sandwich: Split the English muffin open and place 1 slice of cheese and 1 egg patty on the English muffin half. Place other muffin half on top. Wrap in pop up foil sheet. Bake at 350 for 10-13 minutes until hot.</p> <p>Serve 1 sandwich as a breakfast entree.</p> <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Hold for hot service at 135° F or higher</p>

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	241.880 kcal	Total Fat	11.353 g	Total Dietary Fiber	3.000 g	Vitamin C	*0.000* mg	42.243% Calories from Total Fat
Saturated Fat ¹	4.560 g	Trans Fat ²	0.162 g	Protein	10.570 g	Iron	*1.529* mg	16.966% Calories from Sat Fat
Sodium ¹	576.861 mg	Cholesterol	139.175 mg	Vitamin A	*160.317* IU	Water	*5.615* g	0.604% Calories from Trans Fat
Sugars	1.320 g	Carbohydrate	24.678 g	Calcium	*208.127* mg	Ash	*N/A* g	40.809% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.480% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	1.5 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.