



# Sizing Prep Report

American Dairy Association North East

## · 990112 - Egg Scrambled with Muffin

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
900351	CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE	3 LB + 2 oz	No Instructions Assigned
001226	EGG SUB,LIQ OR FRZ,FAT FREE	50 (0.25 CUP)	<p><b>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.</b></p> <p>Scramble eggs according to manufacturers directions. Serve a #16 scoop of eggs with choice of muffin.</p> <p>Students will also be able to take 2 servings of fruit and a carton of milk.</p> <p><b>CCP:</b> Heat to 145° F or higher for at least 15 Seconds</p> <p><b>CCP:</b> Hold at 135° F or higher.</p>
121134	Muffins, Banana, Individually Wrapped	50 (2 OZ)	

\*Nutrients are based upon 1 Portion Size (EACH)

Calories <sup>1</sup>	254.854 kcal	Total Fat	10.670 g	Total Dietary Fiber	1.000 g	Vitamin C	*0.300* mg	37.680% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.279 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	11.891 g	Iron	2.188 mg	15.111% Calories from Sat Fat
Sodium <sup>1</sup>	353.804 mg	Cholesterol	38.994 mg	Vitamin A	*191.699* IU	Water	*70.687* g	*0.000%* Calories from Trans Fat
Sugars	*14.200* g	Carbohydrate	28.091 g	Calcium	96.470 mg	Ash	*N/A* g	44.090% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.663% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	1 oz eq	Grain	1 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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.