



# Sizing Prep Report

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
990381	English Muffin 100%WW, Thomas's	6 LB + 5 oz	No Instructions Assigned
051781	Egg, Patties, Cooked, 1.0 MMA	50 patty	<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>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. Student may still take 2 fruit servings and a milk.</p> <p><b>CCP:</b> Heat to 155° F or higher for at least 15 Seconds</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
001215	CHEESE PRODUCT,PAST PROCESS,AMERICAN,RED FAT,	50 slice 2/3 oz	

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

Calories <sup>1</sup>	235.600 kcal	Total Fat	9.679 g	Total Dietary Fiber	3.000 g	Vitamin C	*0.000* mg	36.974% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.682 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	11.344 g	Iron	*1.478* mg	14.064% Calories from Sat Fat
Sodium <sup>1</sup>	568.190 mg	Cholesterol	135.070 mg	Vitamin A	*179.550* IU	Water	*9.842* g	*0.000%* Calories from Trans Fat
Sugars	2.524 g	Carbohydrate	26.014 g	Calcium	*160.510* mg	Ash	*N/A* g	44.166% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			19.260% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1.5 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

\*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.