

Round Rock ISD-Aramark

830820 - EGG: Scrambled CH SS 1.0

Recipe HACCP Process: #2 Same Day Service

Source: 7.0 ALC if CNE

Number of Portions: 45

Size of Portion: #30 scp (1 MMA)

Alternate Menu Name: Scrambled

Eggs w/ Cheese

2nd Alternate Menu Name: Huevos

Revueltos con

Queso

829492s EGGS Liquid, Scrambled CN..... 3 LB, Raw, Yield Inc + 3 OZ, Raw, Yield Inc

826403s CHEESE, Cheddar Shredded.... 6 OZ

*Nutrients are based upon 1 Portion Size (#30 scp (1 MMA))

Calories	50 kcal	Cholesterol	94.55 mg	Sugars	0.58 g	Calcium	50.03 mg	64.02%	Calories from Total Fat
Total Fat	3.54 g	Sodium	66.23 mg	Protein	3.85 g	Iron	0.42 mg	30.34%	Calories from Sat Fat
Saturated Fat	1.68 g	Carbohydrate	0.72 g	Vitamin A	156.83 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	5.77%	Calories from Carbohydrates
								31.01%	Calories from Protein

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 optional 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 NUTRIKIDS® 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.

Round Rock ISD-Aramark

Recipe Master List

825345 - SDW MUFF, EggCHSS 1.0 WG

Recipe HACCP Process: #2 Same Day Service

Source: 7.0 ALL

Number of Portions: 24

Size of Portion: Sandwich

Alternate Menu Name: Cheesy Egg English Muffin (WG)

2nd Alternate Menu Name: Panecillo Inglés con Queso y Huevo (GI)

R-830820 EGG: Scrambled CH SS 1.0..... 24 #30 scp (1 MMA)

828184s MUFFIN AP, English WG 3.5" 2.0oz.... 24 Muffin

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	170 kcal	Cholesterol	94.55 mg	Sugars	1.58 g	Calcium	130.03 mg	26.71%	Calories from Total Fat
Total Fat	5.04 g	Sodium	316.23 mg	Protein	8.85 g	Iron	1.50 mg	8.89%	Calories from Sat Fat
Saturated Fat	1.68 g	Carbohydrate	24.72 g	Vitamin A	161.83 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	58.26%	Calories from Carbohydrates
								20.87%	Calories from Protein

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