

# Waltham Public Schools

## Sizing Prep Report

### 990494 - HS-17, Breakfast Croissant-wich

Recipe HACCP Process:

Source: WPS

Number of Portions: 100

Portion Size: 1 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
990976	W-Egg Patties, Grilled	100 (1 serving)	No Instructions Assigned
990683	W-Bacon, FC Thin Fast 30 % reduced sodium	12 LB + 8 oz	
990374	W- Cheeses, Process Wht Slc Lvs	100 slice	
990780	W-Bread, croissant, whole wheat, sliced	100 (1 serving (1 croissant))	
			Heat egg patties and bacon at 300°F.
			Oven toast croissants on perforated sheet pan.
			Place 1 egg patty, 2 slices of bacon, and 1 slice of cheese on one half of the croissant and then top each sandwich with the other half.

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

Calories <sup>1</sup>	542.070 kcal	Total Fat	31.499 g	Total Dietary Fiber	*3.000* g	Vitamin C	*1.200* mg	52.298% Calories from Total Fat
Saturated Fat <sup>1</sup>	13.575 g	Trans Fat <sup>2</sup>	0.000 g	Protein	33.075 g	Iron	2.436 mg	22.539% Calories from Sat Fat
Sodium <sup>1</sup>	1198.539 mg	Cholesterol	176.225 mg	Vitamin A	*558.500* IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	*3.012* g	Carbohydrate	29.662 g	Calcium	*226.500* mg	Ash	*N/A* g	21.888% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			24.406% Calories from Protein
Type of Fat	-							

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

Allergens							
Milk	Egg	Soy	Wheat				

\*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.