Date: 12/18/2008

Breakfast - Egg, Chees, Muffin

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Sandwich	**Cook**
Portion	1	Sandwich	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 Sandwich
Servings Per Container 1

Amount Per Serving

Calories 323	Calories From Fat 117
	% Daily Value
Total Fat 13g	19%
Saturated Fat 6g	28%
Cholesterol 223mg	74%
Sodium 477mg	20%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	7%
Protein 13g	

Vitamin A	11%	Vitamin C	0%
Calcium	20%	Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Calcium
High in Protein
Good Source of Vitamin A
Good Source of Iron