

## Cheddar Cheese Omelet

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Eggs, Milk

Amount Per Serving

Calories: 130

Calories from Fat: 99

|                            |              |
|----------------------------|--------------|
| <b>Total Fat:</b>          | <b>11.0g</b> |
| Saturated Fat:             | 3.5g         |
| Trans Fat:                 | 0.00         |
| <b>Cholesterol:</b>        | <b>170mg</b> |
| <b>Sodium:</b>             | <b>290mg</b> |
| <b>Total Carbohydrate:</b> | <b>1.0g</b>  |
| Dietary Fiber:             | .0g          |
| Sugars:                    | .0g          |
| <b>Protein:</b>            | <b>7.0g</b>  |

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 60.0mg

Iron: 1.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Omelet, Cheddar Cheese IW (46025-1468 (mfg label)): OMELET: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRIED MILK, AND CITRIC ACID. FILLING: PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM PHOSPHATE, MILKFAT, SALT, SODIUM HEXAMETAPHOSPHATE, APOCAROTENAL (COLOR)). ALLERGENS: CONTAINS EGG AND MILK [903695]