

## Breakfast Sandwich, Egg & Cheese

### Nutrition Facts

Serving Size: Each

### ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 160

Calories from Fat: 63

**Total Fat:** 7.0g

Saturated Fat: 2.5g

Trans Fat: 0.00

**Cholesterol:** 65mg

**Sodium:** 360mg

**Total Carbohydrate:** 20.0g

Dietary Fiber: 2.0g

**Protein:** 6.0g

Vitamin A: 300RE

Vitamin C: 60.0mg

Calcium: 80.0mg

Iron: 1.4mg

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

Breakfast Sandwich, Egg and Cheese WG (mfg label): INGREDIENTS: FULLY BAKED WHOLE GRAIN BUN: WATER, WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), SUGAR, INSTANT DRY YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, MONOGLYCERIDES WITH ASCORBIC ACID AND CITRIC ACID (ANTIOXIDANTS), CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, ENZYME, WHEAT STARCH, ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE. EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY SOLIDS, SALT, NONFAT DRIED MILK, CITRIC ACID. SHARP PASTEURIZED PROCESS AMERICAN CHEESE: MILK, WATER, CHEESE CULTURE, SALT, SODIUM CITRATE, CREAM, SODIUM PYROPHOSPHATE, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ENZYMES, COLOR ADDED, SOY LECITHIN. CONTAINS: WHEAT, MILK, SOY, EGG [903355]