

Product Summary

- Fully-Cooked - Just Heat & Serve
- Made with Real Eggs for a Boost of Protein and Filled with Cheddar Cheese
- Consistency, Quality & Convenience
- No High-Fructose Corn Syrup
- 0g Trans Fat per Serving
- Made in a Peanut & Tree-Nut Free Facility



Meal Pattern Contribution (CN #049891 & #058132)

- 2.0 oz. equivalent Meat/Meat Alternate

Ingredient Statement

Omelet: Whole eggs, Water, Soybean Oil, Modified Food Starch, Salt, Whey Solids, Nonfat Dried Milk, and Citric Acid.

Filling: Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color, with Cellulose Powder added to Prevent Caking.

ALLERGENS: CONTAINS EGG AND MILK

Nutrition Facts

Serving Size: 1 Omelet (57g)
Servings per Container: 144

Amount Per Serving	
Calories 130	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 280mg	12%
Potassium 70mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Specifications

- GTIN: 10746025850370
- Shelf Life: 12 months (frozen)
- Kosher: No
- Individually Wrapped: No
- Case Count: 144
- Net Weight: 18 lbs
- Gross Weight: 19.2 lbs
- Case Cube: 0.89 CF
- Cases per Pallet: 80 (10 x 8)

Prep Instructions

Convection Oven Preheat to 250° F. Place single layer of omelets in full-size steamer pan sprayed with non-stick cooking spray; do not cover.

Conventional Oven Preheat to 350° F. Place single layer of omelets in full-size steamer pan sprayed with non-stick cooking spray; cover pan with foil.

Microwave Place 1 omelet in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power. (1200 W)

Griddle Heat to 300° F. Place omelet on griddle. Turn over halfway through.

Pressureless Steamer Place single layer of omelets in an ungreased full-size steamer pan; do not cover.

Steamtable Place heated omelets in steamtable. Medium temperature.

	Thawed	Frozen
	15-18 min.	19-22 min.
	18-22 min.	34-39 min.
	30-40 sec.	65-75 sec.
	3-5 min.	14-16 min.
	5 min.	9 min.
		Hold up to 1 hour max

Note: Due to variance in oven regulators, heating and temperature may require adjustment. Product should be heated to 165 degrees F internal temperature.