



# FOLDED EGG, HAM & CHEESE FLATBREAD BREAKFAST SANDWICH

14010 - Whole Grain Rich 6"x6" Oven Fired Flatbread

EACH FLATBREAD PROVIDES 2 OZ. EQ. GRAIN, 1 OZ. M/MA SERVINGS ON USDA CHILD NUTRITION FOOD BASED MENUS



**1. Prior to Use:** Store product frozen at 0 to -10F. **Remove bagged flatbreads** and place at room temperature to thaw for up to 5 days.



**2. Combine** 3 c. liquid eggs, ½ c. milk and whisk to blend. **Add** 2 c. diced turkey ham. **Stir well** to combine. **Scramble** to a soft 135°F consistency.



**3. Place a flatbread** on a lined sheet pan. **Place** ½ oz. reduced fat shredded cheddar cheese on the top half of the flatbread.



**4. Place in a 325°F** oven to melt the cheese and warm the flatbread for approximately 3 to 4 minutes



**5. Place** 1 ½ oz. of the scrambled egg mixture on the bottom half of the flatbread.



**6. Fold the top half** of the flatbread with cheese over the scrambled egg and lightly press the top half to close the sandwich.



**7. Cover** or wrap the sandwiches to hold at 135°F until ready to serve.



**8. Each sandwich provides** 2 oz. eq. grain & 3 oz. M/MA for USDA Child Nutrition Food Based Menus.

## Nutrients for 1 Flatbread

Analyzed with NutriKids®

Calories: 260 kcal  
Total Fat: 9.76 g  
Sat Fat: 3.47 g  
Trans Fat: 0.00 g  
Cholesterol: 105.41 mg  
Sodium: 511.37 mg  
Carbohydrates: 28.32 g  
Dietary Fiber: 4.03 g  
Protein: 13.68 g  
Vitamin A: 44.14 RE  
Vitamin A: 220.71 IU  
Vitamin C: 3.42 mg  
Calcium: 108.83 mg  
Iron: 1.67 mg

33.79% Calories from Fat  
12.00% Calories from Saturated Fat  
43.58% Calories from Carbohydrates  
21.05% Calories from Protein