



MENU SELECT

TEXAS HAM & CHEESE OMELETTE TOAST

(Toasted Slice Topped With Ham, Eggs, Cheese & Onions)



Nutritional Facts

Serving Size One Omelette (104g/3.7oz.)
Servings Per Container 96

Amount Per Serving		Calories from fat 60	
			% Daily Value*
Calories	210		
Total Fat 6g			
Saturated Fat 2g			5%
Trans Fat 0g			10%
Cholesterol 70mg			
Sodium 420mg			23%
Total Carbohydrate 28g			18%
Dietary Fiber 2g			9%
Sugars 4g			8%
Protein 10g			

Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate	Less Than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Bread Slice: Wheat Flour [Enriched With Barley Malt, Iron (Ferrous Sulfate) And The Following B Vitamins: (Niacin, Thiamine (B1), Riboflavin (B2), Folic Acid)], Water, Corn Syrup, Fresh Yeast, Non Fat Dry Milk, Buttermilk, Soybean Oil, Salt, Vinegar Dough Conditioners (Vegetable Mono & Diglycerides, Sodium Stearoyl Lactylate), Calcium Propionate (A Preservative).
Filling: Deli Cooked Ham (39% Of Weight Is Added Ingredients, A Portion Of Ground Ham Added, Cured With: Water, Salt, Dextrose, Sugar, Corn Syrup, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Eggs (Whole Eggs, Skim Milk, Soybean Oil, Modified Food Starch, Salt, Xanthan Gum, Liquid Pepper Extract, Citric Acid, Natural And Artificial Butter Flavor [Clarified Butter, Oil, Lipolyzed Butter Oil, Artificial Flavor, Annatto (Color), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, And Annatto-Color (If Colored)), Water, Butter Flavors (Maltodextrin, Enzyme Pasteurized Part-Skim Milk, Salt, And Enzymes), Basted With Water And Butter Buds (Maltodextrin, Salt, Dehydrated Butter, Shortening Powder (Soy), Guar Gum, Butter Flavoring (Maltodextrin, Enzyme Modified Butter, Buttermilk Powder), Sodium Bicarbonate, Turmeric, And Annatto), Onions.
One 4oz. Portion provides 1oz. Meat/Meat Alternate and 1 1/2 Bread Servings.

FOR BEST RESULTS, PUNCTURE FILM WITH FORK SEVERAL TIMES.
COOKING INSTRUCTIONS:
Allow to thaw prior to cooking. Cook in wrapper for 5-7 minutes in a 325°- 350° convection oven.

Contains: Wheat, Egg, Milk.



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Products manufactured using pie dough are not considered ready to eat and may appear to be cooked but is not. Needs to be cooked to internal temperature of 160°.

DISTRIBUTED BY: UNITED COMMODITY GROUP, INC., PLYMOUTH, MI, 48170

96/3.70oz.
Units Per Case
Net Wt.
22 20 LBS

