



Recipe Production

Printed: 07/10/2025 1:18

Recipe Number: BK102

Recipe Name: Breakfast Sandwich

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Same Day

Serving Description: 1 Sandwich

Projected Yield

Actual Yield

Quantity	Serving Size	Quantity	Serving Size	Leftovers	Disposition
100	1 Each				

Labor

Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1544	ENGLISH MUFFIN	100	Each			(Unassigned)
9020	SAUSAGE PTY TURKEY 1.3 OZ	100	PATTY			(Unassigned)
1545	Egg Patty	100	Each			(Unassigned)

Cooking Instructions

Cooking Temperature: 0

Cooking Times:

Hours:

0

Minutes:

0

Pre-Preparation Instructions

1. Preheat oven to 350 degrees F.

Preparation Instructions

1. Assemble sandwiches on a sheet pan:

- English Muffin bottom
- Turkey Sausage
- Egg Patty
- English Muffin Lid

2. Heat on sheet pan in preheated oven at 350 degrees for about 10 - 12 minutes.

Note: Sandwiches can also be made ahead of time, wrapped, and frozen. Heat wrapped, thawed sandwiches on sheet pan for about 12 - 15 min on the day of service.

Serving Instructions

1 Serving = 1 Sandwich



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Missing Value

Food Energy	kcal	26,157,487	202,999	261,574	
Saturated Fat	g	298,685	2,318	2,986	10.28
Sodium	mg	53,488,122	415,103	534,881	
Total Trans	g	0.000	0.000	0.000	
Total Fat	g	945,525	7,337	9,455	32.53
Cholesterol	mg	14,944,538	115,979	149,445	
Carbohydrate	g	2,702,192	20,970	27,021	41.32
Total Dietary Fiber	g	150,000	1,164	1,500	
Protein	g	1,567,095	12,161	15,671	23.96
Vitamin A (RE)	RE	1,073,954	8,334	10,739	
Vitamin A (IU)	IU	5,369,774	41,673	53,697	
Vitamin C	mg	58,964	0,457	0,589	
Calcium	mg	1,518,427	11,784	15,184	
Iron	mg	62,649	0,486	0,626	
Moisture	g	0.000	0.000	0.000	
Ash	g	0.000	0.000	0.000	

Stock Number	Description	Units per Case	Location	Cases	Broken	Broken Unit	Actual Used
1544	ENGLISH MUFFIN	1.00 (Unassigned)		100	0.00	Each	/
9020	SAUSAGE PTY TURKEY 1.3 OZ	1.00 (Unassigned)		100	0.00	PATTY	/
1545	Egg Patty	1.00 (Unassigned)				Each	/

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