**5K BREAKFAST SANDWICH** Instructional Food Service OCC

Categories: Breakfast Item

Locations: Game ON

Serving Size 6.5 oz (184g)

Servings Per Container 1

**Nutrient Descriptors**

Cholesterol Free

Good Source of Carbohydrates

Good Source of Fiber

High in Calcium

High in Iron

High in Protein

High in Vitamin A

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 320

Calories From Fat 130

Total Fat 14g 21%\*

Saturated Fat 2g 9%\*

Trans Fat 0g

Polyunsaturated Fat 7g

Monounsaturated Fat 3.5g

Cholesterol 0 mg 0%

Sodium 600mg 25%\*

Total Carbohydrate 36g 12%

Dietary Fiber 4g 18%\*

Sugars 2g

Protein 15g

Vitamin A 25% Vitamin C 4%\*

Calcium 45%\* IRON 45% \*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

SOURDOUGH BREAD (Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine

mononitrate, riboflavin, folic

acid), water, yeast, high fructose corn syrup, rye flour, contains 2% or less of: salt, soybean oil, acetic

acid, vinegar, monoglycerides, calcium sulfate, xanthan gum, calcium perocide, soy lecithin, calcium

propionate (preservative).), TOFU FIRM, VEGAN CHEESE SHREDDED, DRY RUB GO (CHILI POWDER, garlic

granulated, onion powder, PAPRIKA, sugar brown gold domino, SALT KOSHER (Salt, Yellow Prussiate of

Soda), CORIANDER GROUND, MUSTARD DRY, CAYENNE PEPPER, PEPPER BLACK GROUND), oil

vegetable (SOYBEAN OIL, TBHQ & CITRIC ACID ADDED TO PROTECT FLAVOR,

DIMETHYLPOLYSILOXANE, AN

ANTI-FOAMING AGENT ADDED)

**Contains:** Soy, Wheat