



Nutrition and Ingredient Statement

Product Name: Egg Cheddar & Sausage Bagelwich
Product Code: FG1002
Serving Size: 1 each (4.2 ounces)
Portions/Case: 36

Nutrition Facts	
Serving Size 1 sandwich (4.20 oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 410mg	17%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 16g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*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	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients:

WHITE WHEAT BAGEL (WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, HONEY, SUGAR, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, SALT, YEAST, CULTURED DEXTROSE, WHEAT STARCH, VINEGAR, MONOGLYCERIDES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, ENZYMES), SCRAMBLED EGG PATTY (WHOLE EGGS, WATER, WHEY SOLIDS, NONFAT DRIED MILK, CORN SYRUP SOLIDS, XANTHAN GUM, CITRIC ACID), COOKED SEASONED CHICKEN PATTY (CHICKEN, WATER, LESS THAN 2% CANE SUGAR, SALT, SPICES [CONTAINS SILICON DIOXIDE]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [NATURAL COLOR]).

Allergens:

Contains Egg, Milk, Wheat.

Notes:

1.75 oz MMA, 2 oz eq Grain

This nutritional data is approximated. It was derived by calculation from information supplied by our vendors, and from commercially available databases.

Debbie Blacher
Signature

Debbie Blacher
Printed Name

CEO
Title

August 11, 2019
Date

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Email

407-421-9529
Phone

Nutrition and Ingredient Statement

Product Name: Egg Cheddar & Sausage Bagelwich

Product Code: FG1002

Perfect For:

- ✓ Summer Feeding
- ✓ Breakfast Meals
- ✓ Grab & Go
- ✓ Satellite Feeding





Product Formulation Statement

Product Name: Egg, Cheddar & Sausage Bagelwich
Product Code: FG1002
Serving Size: 1 each (4.2 ounces)

Meat/ Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount
Ground chicken, frozen with skin in natural proportions	1.18	x	11.2/16	0.82
Scrambled egg square (CN #048909)	1.00	x	1.00/1.00	1.00
Total Creditable M/MA Amount ¹				1.75

¹Credible Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Grains

I. Does the product meet the Whole Grain-Rich Criteria?: Yes No

(Per SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains?: Yes No

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

The Product Belongs in Exhibit A Group (A-I): B

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Whole grain bagel (g)	57	28	2.03
Total Creditable G/B Amount¹			2.00

¹Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq.

Total weight (per portion) of product as purchased: 4.20 oz
Total Creditable MMA amount of product (per portion): 1.75 oz
Total Grain/Bread contribution of product (per portion): 2.00 oz equivalent



Product Formulation Statement

Product Name: Egg, Cheddar & Sausage Bagelwich

Product Code: FG1002

I certify that the above information is true and correct and that a 4.20 oz serving of the above product contains 1.75 oz of equivalent meat/meat alternate and 2.00 oz equivalent grains when prepared according to directions. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Debbie Blacher

Signature

CEO

Title

debbie@wholesomekitchens.com

Email

Debbie Blacher

Printed Name

August 11, 2019

Date

407-421-9529

Phone