



Sausage Rich Muffin

With Rich Chicks Chicken Sausage Patties

Serving Size: 1 Sandwich

Yield: 100

Contribution: 1oz Meat/Meat Alternate, 2.5 oz Grain

RC Product Code: 81401

Smart Snack: Smart Snack Compliant Concept

Ingredients	Amount	Preparation Instructions
Rich Chicks Chicken Sausage Patty	10 lbs	1. Place Sausage patties on sheet pan. Heat at 350 degrees in a convection oven for 6 - 8 minutes or until product reaches an internal temperature of 165 degrees.
Bakecrafter's 802 WG English Muffin	1 Case	2. Place heated sausage patty on bottom portion of English Muffin, add top, wrap and serve with 1 honey packet
Honey Packets 12g Diamond Crystal #79000	100	

Nutritional Information			
Portion	1 Sandwich	Cholesterol (mg)	36
Calories	221	Sodium (mg)	400
Total Fat (g)	5.5	Total Carbohydrates (g)	31
Saturated Fat (g)	1.2	Sugar (g)	10
Trans Fat (g)	0	Protein (g)	14

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.