

Product Summary

- Fully-Cooked - Just Heat & Serve
- Made with Real Eggs for a Boost of Protein and Filled with Colby Cheese
- Consistency, Quality & Convenience
- No High-Fructose Corn Syrup
- 0g Trans Fat per Serving
- Made in a Peanut & Tree-Nut Free Facility



Meal Pattern Contribution (CN #083099)

- 2.0 oz. equivalent Meat/Meat Alternate

Ingredient Statement

Omelet: Whole eggs, Water, Soybean Oil, Modified Food Starch, Salt, Whey Solids, Nonfat Dried Milk, and Citric Acid.

Filling: Pasteurized Process Colby Cheese (Colby Cheese (milk, cheese culture, salt, enzymes), water, cream, sodium phosphate, sorbic acid (preservative), color added (paprika and annatto)).

ALLERGENS: CONTAINS EGG AND MILK

Nutrition Facts

144 Servings Per Container
Serving size **1 omelet (60g)**

Amount per serving
Calories 120

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 300mg	13%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 83mg	6%
Iron 1mg	6%
Potassium 73mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Specifications

- GTIN: 10746025851377
- Shelf Life: 12 months (frozen)
- Kosher: No
- Individually Wrapped: No
- Case Count: 144
- Net Weight: 18.9 Lbs
- Gross Weight: 20.1 Lbs
- Case Cube: 0.89 CF
- Cases per Pallet: 80 (10 x 8)

Prep Instructions

Convection Oven Preheat to 250° F. Place single layer of omelets in full-size steamer pan sprayed with non-stick cooking spray; do not cover.

Conventional Oven Preheat to 350° F. Place single layer of omelets in full-size steamer pan sprayed with non-stick cooking spray; cover pan with foil.

Microwave Place 1 omelet in ungreased microwaveable dish. Cover with plastic wrap and vent. Heat at full power. (1200 W)

Griddle Heat to 300° F. Place omelet on griddle. Turn over halfway through.

Pressureless Steamer Place single layer of omelets in an ungreased full-size steamer pan; do not cover.

Steamtable Place heated omelets in steamtable. Medium temperature.

Thawed	Frozen
15-18 min.	19-22 min.
18-22 min.	34-39 min.
30-40 sec.	65-75 sec.
3-5 min.	14-16 min.
5 min.	9 min.
	Hold up to 1 hour max

Note: Due to variance in oven regulators, heating and temperature may require adjustment. Product should be heated to 165 degrees F internal temperature.