

**ENGLISH MUFFIN WITH SAUSAGE, EGG, AND CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
459 cal	28 g	24 g	27 g	256 mg	1026 mg	313 mg

**Ingredient**

SAUSAGE PATTY,PORK,RAW,2 OZ  
 ENGLISH MUFFINS,SPLIT OR CUT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED

**Weight**

18-3/4 lbs  
 12-5/8 lbs  
 10 lbs  
 2 oz  
 6-1/4 lbs

**Measure**

100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Cook sausage patties according to instructions on package. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes at 325 F. Set aside for use in Step 6.
- 3 Place thawed eggs into a small bowl; pour on 325 F. greased griddle. Fry 2 minutes; turn. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 sausage patty on egg.
- 5 Place 1 slice cheese on top of sausage patty. Continue to cook until cheese melts.
- 6 Place 1 cheese and sausage-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.