



Nourishment. *Delivered.*

FRZ000119

OMELET WITH CHEESE

Cheese omelet, served with roasted parsley potatoes and fruited granola.

Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.



NUTRITION INFORMATION

Serving Size: 1 meal (278g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 245mg
Calories: 340	Sodium: 400mg
Calories from Fat: 99	Total Carbohydrate: 45g
Total Fat: 11g	Dietary Fiber: 5g
Saturated Fat: 2.5g	Protein: 11g

Exclusively provided by



Allergens: Contains soy, milk, eggs

SPECIFICATIONS

Product Code: FRZ000119
UPC: 735108507150
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 19 lb
Net Case Weight: 17 lb
Unit Weight: 0.85 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2"L x 13 1/2"W x 9 1/2"H
Pallet: Tiers: 8 **High:** 4



PREP INSTRUCTIONS

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

Conventional Oven: Cook at 300 degrees F for approximately 30-45 minutes.

Microwave: Cook on HIGH for 5-10 minutes, turn halfway through heating cycle.

NOTE: Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

Ingredients

FOLDED CHEESE OMELET (Whole Eggs, Nonfat Milk, Cheddar Cheese Shreds [Processed Cheddar Cheese Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Sorbic Acid Preservative, Enzymes, Annatto Color, Powdered Cellulose To Prevent Caking, Potassium Sorbate Natamycin Preservatives], Modified Food Starch, Salt, Xantan Gum, Citric Acid, Pepper) PARSLEY POTATOES (Diced Skin-On Potatoes [Potatoes, Vegetable Oil Contains One Or More Of The Follo1Mng Oils: Canola, Soybean, Cottonseed, Sunflower, Corn, Contains 2% Or Less Of Dextrose, Sodium Acid Pyrophosphate Added To Maintain Natural Color], Paprika, Parsley), FRUITED GRANOLA MIX (Water, Apple Chips [Apples, Water], Dried Cranberries [Dried Cranberries, Sugar, Sunflower Oil], Apple Juice [Concentrated Apple Juice, Ascorbic Acid {Vitamin C}], Granola, Modified Food Starch, Cinnamon)

