

K-12

MICHAEL  
FOODS INC.

BUILDING

**STRONGER**  
**KIDS**



Maximize student participation with **easy on-trend** menu **versatility** from refrigerated scrambled eggs.



PRODUCT CODE	DESCRIPTION	PACK SIZE
46025-85877-00	Fully Cooked Refrigerated Scrambled Eggs with Butter Flavor	12/1.85 Lbs
14616-74000-00	Cage-Free Fully Cooked Refrigerated Scrambled Eggs with Butter Flavor	12/1.85 Lbs

For ordering, information, or customer service assistance, call 800-328-5474 or visit [michaelfoods.com](http://michaelfoods.com).

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# Fully Cooked Refrigerated Scrambled Eggs

## Walking Breakfast Taco Recipe

Ingredients	Quantity	Meal Pattern Contribution
Precooked Refrigerated Scrambled Eggs	2 oz	1.5 oz Equivalent Meat/Meat Alternate
Taco Tortilla chips 1.4-1.5 oz bag	1.4-1.5 oz bag	Approximately 2 oz Equivalent Grains ^
0.5 oz Shredded Cheese	1/4 cup	Approximately 0.5 Equivalent Meat/Meat Alternate^

For color, garnish with salsa, black beans, other taco toppings

^Consult your manufacturer/supplier for exact grain credit.



Nutrition Facts	
165 servings per container	
Serving size	1/4 cup (61g)
Amount per serving	
<b>Calories</b>	<b>90</b>
%	
Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 94mg	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	

### Holding Up to Expectations

Fully cooked and packaged in 1.85 lb bags, our precooked refrigerated scrambled eggs take the hassle, stress and mess out of serving eggs. Ready in just minutes, they are the perfect solution for breakfast in a time crunch!

### Simple & Safe

The eggs are pasteurized and fully cooked, so it can also be used as an ingredient in cold prep (i.e. bowls and burritos) and heated just before serving.

### Preparation



Time: 25 mins.  
Convection Oven

Heat to 325° F. Preheat oven. Knead cooked egg in bag to break up the structure. Empty the contents of one 1.85 lb bag into a half-size steamer pan; cover the pan with aluminum foil. Heat until thoroughly cooked.



Time: Heat on high for 3 min. Turn bag over, return product to the microwave, and heat for 60-90 sec.  
Microwave

Place product in ungreased microwaveable dish. Remove from microwave and knead cooked egg in bag to break up the structure. Product texture will be soft. For a firmer texture, puncture bag prior to heating and/or reheat for an additional 30 seconds.

\*Prep time will vary by application & equipment

Note: Due to variance in equipment, heating time and temperature may require adjustment. Product should be heated to 165°F (74°C) internal temperature.

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