



EARLY RISERS™ BREADED AND STUFFED HASHBROWN
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 100010772

Meets Smart Snack Qualification: No
 Meets Buy American Qualification: Yes
 Country of Origin: USA
 Religious Certification(s): No

Nutrition Facts	
about 128 servings per container	
Serving size	1 piece (3 oz) (85g)
Amount Per Serving	230
Calories	
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 450mg	19%
Total Carbohydrates 24g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0.7mcg	4%
Calcium 110mg	8%
Iron 1.3mg	8%
Potassium 140mg	2%

* The % Daily Value (DV) 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.

Ingredients: Water, Whole Wheat Flour, Scrambled Eggs (Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid), Pasteurized Process Cheddar Cheese [Cheddar Cheese (Pasteurized Cultured Milk, Salt, Microbial Enzymes), Water, Cream, Sodium Phosphate, Salt, Annatto Extract (color), Paprika Extract (color)], Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Shreds [Potatoes, Dextrose, Sodium Acid Pyrophosphate (To Maintain Color)], Vegetable Oil (Soybean And/Or Canola Oil), Yellow Corn Flour. Contains 2% or less of Butter (Cream, Salt), Cellulose Gum, Citric Acid, Dehydrated Garlic, Dehydrated Onion, Dextrose, Disodium Phosphate, Dried Cheddar and Semisoft Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Garlic Powder, Lactic Acid, Modified Cellulose Gum, Modified Corn Starch, Natural Flavor, Onion Powder, Paprika Extract (color), Salt, Silicon Dioxide (to prevent caking), Spices, Sugar, Whey, Yeast.
 CONTAINS: Milk, Egg, Wheat.

The following information is provided for food (as purchased) frozen using the USDA Food Buying Guide for Child Nutrition Programs Meats/March 2020, Grains June 2020

*Per FBG, one pocket (85g) provides a 1.00oz meat alternate serving
Product: Cheese (pg. 1-19)
Product: Eggs, frozen (pg. 1-27)
*Per FBG, one pocket (85g) provides a 1.25oz eq grains
22.979g of enriched flour or whole grain per piece

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces/ raw portion of creditable ingredient	multiply	FBG yield /servings /unit	Creditable Amount**
PP Cheddar Cheese	0.5304 oz by Weight	X	16.00/16	0.53040
Cheese in Cheddar Sauce Mix	0.0195 oz by Weight	X	16.00/16	0.01950
IQF Pre-Cooked Scrambled Eggs	0.5358 oz by Weight	X	18.00/16	0.60280
A. Total Creditable Amount				1.15270
**Creditable amount-multiply ounces per raw portion of creditable ingredient by the FBG yield information Round down				1.00

Description of Creditable Ingredients per Food Buying Guide (FBG)	Total Grams divided by number of portions in recipe of creditable ingredient	Divide by	oz eq grains	Creditable Amount**
Whole Wheat Flour	82.4418	16		
Enriched Wheat Flour	32.45508	16		
Total Creditable Amount	114.8969			
Total Creditable Amount 114.8969 / 5 pieces (portions in recipe) = 22.97938 / 16 oz (credible grains per portion) = 1.43621				
Round to nearest 0.25				1.25

Pack Size: 6/4 lb
 Serving size: 1 pocket
 Servings/Case: 128

I certify that this information is true and correct. The above product contains 1.0oz meat alternate and 1.25oz eq grains for Food Based Menu Planning Child Nutritional Programs.

3/1/2023
 Date

Shannon Racette
 Research and Development