

Granola

Grains/Breads

Breakfast

J-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	1 lb 12 oz	2 qt 2 cups	3 lb 8 oz	1 gal 1 qt	1. Combine the rolled oats and peanut granules (optional) in a large bowl.
Peanut granules (optional)	8 oz	1 ½ cups	1 lb	3 cups	
Brown sugar, packed	6 ½ oz	¾ cup 2 Tbsp	13 oz	1 ¾ cups	2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well. Heat on medium for 4 minutes. Do not boil.
Apple juice		1 cup		2 cups	
Vegetable oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	4. Spread 3 lb 12 oz (3 qt 1 cup) of this mixture on each sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Honey		1 cup		2 cups	
Salt		1 tsp		2 tsp	Bake: Conventional oven: 250° F for 1 ¼ hours Convection oven: 200° F for 1 ¼ hours Stir granola every 15 minutes.
Ground cinnamon		1 Tbsp		2 Tbsp	
Vanilla		1 Tbsp		2 Tbsp	
Raisins	10 oz	2 cups	1 lb 4 oz	1 qt	5. Remove from oven. Cool.
					6. Mix in raisins.
					7. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
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¼ cup (No. 16 scoop) provides 1 serving of grains/breads.

50 Servings: about 5 lb 2 oz

50 Servings: about 3 quarts ½ cup

100 Servings: about 10 lb 4 oz

100 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

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Special Tips:

- 1) Store in a tightly covered container in a cool place.
- 2) Serve over puddings, yogurt, or ice cream.

Nutrients Per Serving

Calories	129	Saturated Fat	0.39 g	Iron	1.04 mg
Protein	2.89 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	24.85 g	Vitamin A	1 IU	Sodium	49 mg
Total Fat	2.49 g	Vitamin C	0.3 mg	Dietary Fiber	2.0 g

Breakfast Burrito with Salsa

Meat/Meat Alternate-Vegetable-Grains/Breads

Breakfast

J-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 lb	2 qt 1 ½ cups	10 lb	1 gal 2 ¾ cups	1. In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
		OR 45 each		OR 90 each	
Frozen whole-kernel corn	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	
Lowfat 1% milk		¾ cup		1 ½ cups	
*Fresh green peppers, diced OR Frozen green peppers	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
	OR 14 oz	OR 2 ½ cups	OR 1 lb 12 oz	OR 1 qt 1 cup	
*Fresh onions, diced OR Dehydrated onions	14 oz	2 ½ cups	1 lb 12 oz	1 qt ¾ cup	
	OR 2 ½ oz	OR 1 ¼ cups	OR 5 oz	OR 2 ½ cups	
*Fresh tomatoes, diced	2 oz	¼ cup 1 Tbsp	4 oz	½ cup 2 Tbsp	
Prepared yellow mustard	2 oz	¼ cup	4 oz	½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Hot pepper sauce		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
					2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes CCP: Heat to 145° F or higher for 3 minutes.
Reduced fat Cheddar cheese, shredded	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan).
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		50 each		100 each	4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

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					Heat: Compartment steamer: for 2-3 minutes. Conventional oven: 300° F for 3 minutes covered with a clean damp cloth. Convection oven: 300° F for 3 minutes covered with a clean damp cloth.
Canned salsa	3 lb 5 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 10 oz	3 qt ½ cup (1 No. 10 can)	5. CCP: Hold for hot service at 135° F or higher. Serve each burrito with 2 Tbsp (1 oz) of salsa.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	1 lb	2 lb
Tomatoes	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.	50 Servings: about 9 lb (filling)	50 Servings: 2 steamtable pans
	100 Servings: about 18 lb (filling)	100 Servings: 4 steamtable pans

Tested 2004

Special Tip:

- 1) For best results, cook egg filling in a steamer.
- 2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ cups water in place of eggs. For 100 servings, use 2 lb 12 oz (3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.

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Meat/Meat Alternate-Vegetable-Grains/Breads

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Nutrients Per Serving

Calories	258	Saturated Fat	2.91 g	Iron	2.95 mg
Protein	12.22 g	Cholesterol	196 mg	Calcium	143 mg
Carbohydrate	31.32 g	Vitamin A	552 IU	Sodium	564 mg
Total Fat	9.06 g	Vitamin C	5.4 mg	Dietary Fiber	2.3 g

Baked French Toast Strips

Meat/Meat Alternate-Grains/Breads

Breakfast

J-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
"Texas Toast" enriched white bread, 1/2" thick (1 1/2 oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices	<ol style="list-style-type: none"> Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended. Pour 1 qt 1 cup of egg mixture over each pan of bread strips. Cover pans with plastic wrap and chill for 4-24 hours. Sprinkle cinnamon on top. Bake: Conventional oven: 425° F for 35 minutes Convection oven: 375° F for 20 minutes CCP: Heat to 145° F for 3 minutes. CCP: Hold for hot service at 135° F or higher. <p>Portion 2 strips.</p>
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	2 lb 15 oz	1 qt 1 1/2 cups	5 lb 14 oz	2 qt 3 1/8 cups	
Lowfat 1% milk		1 qt 2 cups		3 qt	
Sugar	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	
Salt		1 1/2 tsp		1 Tbsp	
Vanilla		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	

SERVING:

2 strips provide 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

YIELD:

50 Servings: about 9 lb

100 Servings: about 18 lb

VOLUME:

50 Servings: 3 steamtable pans

100 Servings: 6 steamtable pans

Edited 2004

Baked French Toast Strips

Meat/Meat Alternate-Grains/Breads

Breakfast

J-03

Special Tips:

For 50 servings, use 13 ½ oz (1 qt ¼ cup) dried whole eggs and 1 qt ¼ cup water in place of eggs.

For 100 servings, use 1 lb 10 ½ oz (2 qt ⅞ cup) dried whole eggs and 2 qt ⅞ cup water in place of eggs.

Serve with Spiced Apple Topping (G-09), lowfat yogurt, fresh fruit, or maple syrup.

Nutrients Per Serving

Calories	155	Saturated Fat	1.18 g	Iron	1.35 mg
Protein	6.76 g	Cholesterol	115 mg	Calcium	83 mg
Carbohydrate	22.38 g	Vitamin A	229 IU	Sodium	280 mg
Total Fat	4.07 g	Vitamin C	0.3 mg	Dietary Fiber	0.7 g