

# Breakfast Protein Kit

<b>Recipe:</b>	R-3797	<b>HACCP Process:</b>	No Cook		
<b># of Servings:</b>	96.00	<b>Serving Size:</b>	1 Kit	<b>Source:</b>	Kittery School District, Maine
<b>Grams Per Serving:</b>	149.35	<b>Ounces per Serving</b>	5.3	<b>Meal Equivalencies:</b>	1.5 oz. meat/meat alternative, 1 oz. eq. wgr and ½ cup fruit.

Ingredients	Measurements	Directions
Egg, Hard Cooked, Peeled, Refrigerated	96 MEDIUM	1. Ingredients:
Fresh Strawberries	3 GALLON HALVES	
CEREAL, Fruit Loops, R/S	6 LB	
		2. 1 Day Prior to Day of Service: Directions: Prepare the workstation by cleaning and sanitizing all areas. Pull fresh whole strawberries from cooler and place at produce washing station. Rinse thoroughly but softly to not bruise the fruit. Place fruit in full pans with perforated pans inside and allow the fruit to drain.  <b>CCP: Prepare foods at room temperature in two hours or less.</b>
		3. Prep: Wash hands thoroughly and put on gloves. Cut tops of strawberries off and then slice in halves or quarters, depending on the size. Place cut fruit in food storage container, cover and date it and place in cooler on higher shelf.  <b>CCP: Never handle ready to eat foods with bare hands</b> <b>CCP: Hold below 41°F</b>
		4. Day of Service: Clean and sanitize work station. Pull black 3 compartment containers and lids and place at workstation. Pull eggs and strawberries from cooler and place at workstation. Pull cereal from dry storage and place at workstation.  <b>CCP: Prepare foods at room temperature in two hours or less.</b>
		5. Prep: Wash hands thoroughly and put on gloves. Place one whole hardboiled egg in the small compartment, Place the strawberries in the next largest compartment, Add one oz. eq. of their favorite cereal in the large compartment and cover.  <b>CCP: Never handle ready to eat foods with bare hands</b>
		6. Hold: Hold in cooler for service.  <b>CCP: Hold below 41°F</b>
		7. Service: Serve one breakfast protein kit for a grab and go, portable breakfast or breakfast for lunch.  <b>CCP: Hold below 41°F</b>

## Notes:

- Production Notes:** Note: cereal can be substituted for an equal one-ounce equivalencies  
Fresh fruit provides great taste, nutrition and color so feel free to substitute ½ cup of other fresh fruits.  
For the Hard-Boiled Eggs, please request a product formulation statement if buying a prepared HBE.  
If using fresh shell on eggs, consider letting the kids peel them.  
Both fresh HBE's and processed HBE's have a one-week shelf life from the time they are opened or cooked.
- Serving Notes:** Each breakfast protein kit provides 1.5 oz. eq. meat/meat alternative, 1 oz. eq. wgr and ½ cup fruit.  
Great for emergency feeding programs, summer feeding and suppers too.

**Nutrients Per Serving:**

(per 1 Package)

<b>Calories</b>	<b>205.445</b>	<b>Trans Fat (gm)</b>	<b>0.000</b>	<b>Iron (mg)</b>	<b>4.492</b>
<b>Protein (gm)</b>	<b>8.195</b>	<b>Chol (mg)</b>	<b>167.850</b>	<b>Calc (mg)</b>	<b>34.660</b>
<b>Carb (gm)</b>	<b>30.641</b>	<b>Vit A (IU)</b>	<b>648.120</b>	<b>Sodium (mg)</b>	<b>228.685</b>
<b>Tot Fat (gm)</b>	<b>6.014</b>	<b>Vit C (mg)</b>	<b>56.838</b>	<b>Fiber (gm)</b>	<b>4.558</b>
<b>Sat Fat (gm)</b>	<b>1.987</b>			<b>Sugars (gm)</b>	<b>12.320</b>

**Note: \* means nutrient data is missing or not available.****Meal Components:**

(per 1 Package)

<b>Fruit (Cups)</b>	<b>0.500</b>	-----Vegetables (Cups)-----				
		<b>Dark Green</b>	<b>Red/Orange</b>	<b>Beans/Peas</b>	<b>Starchy</b>	<b>Other</b>
<b>Whole Grain- Rich (Oz. Eq.)</b>	<b>1.000</b>	<b>Enriched Grain (Oz. Eq.)</b>		<b>Meat/Alt (Oz. Eq.)</b>	<b>1.500</b>	<b>Fluid Milk (Cups)</b>

**Allergens:****Eggs, Wheat**

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

**Product not used within 4 hours from when it was removed from the oven will be discarded.**