



WELD COUNTY SCHOOL DISTRICT 6

Recipe Cards

Breakfast Bowl Tater Tot

Food Category: Breakfast recipes **Recipe Category:** Entree **Recipe Number:** SITE173
Serving Size: 1 bowl **Serving Description:** 1 Tater Tot Breakfast Bowl
Recipe Source: Local Recipes **Process Category:** Complex

10 Servings

Stock Number	Stock Description	Amount 1	Measure 1	+ / -	Amount 2	Measure 2	Instructions
1590	Potato Tater Nugget	2	Pound				
CPK111	Sauce Cheddar (1 GAL)	10	Ounce				
1015	Egg Liquid Scrambled Egg	10	Ounce				
1337	Chorizo Turkey Crumbles	5	Ounce				
CPK044	Taco Salsa (75 SERV)	5	Ounce				
1093	Peppers Jalapeno Sliced	5	Ounce				
Fuego019	Sauce Hot Asstd.	5	1 tsp				

Cooking Instructions

Temperature: 0 **Cooking Time:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

1. Pour liquid egg into a sprayed 2" hotel pan.
 2. Cook at 350°F for 20 min (stir once after 15 min).
 3. Remove from oven and stir. Eggs should have a slightly moist appearance.
- Place on to steamtable for service

Preparation Instructions

Heat tater tots on a sprayed sheet pan in preheated oven set to 400°F for about 15 - 20 minutes(until golden brown and sizzlin')
 Place tots in to a 2" hotel pan and place on line for service
 Heat Cheddar Cheese Sauce in the steamer until temperature reaches 165°F (about 30 minutes)
 Heat Chorizo in a hotel pan in preheated oven set to 400°F for about 15 - 20 minutes(until temp reaches 165°F)
 Place on steamtable for service

Serving Instructions

Place about 3 ounces of tater tots in a paper boat
 Top with 1/4 cup scrambled eggs and 1 oz cheese sauce
 Top with 1/4 cup chorizo if customer desires
 Serve Fuego Hot Sauce, Jalapenos and taco salsa on the side as condiments

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



WELD COUNTY SCHOOL DISTRICT 6

Recipe Cards

Stock Item	Ingredient	Allergen
------------	------------	----------

** Inner Recipes with Allergens

Meal Pattern	Unit	Value Per Serving	Missing Value
Fruits	Cup	0	
Vegetables, Total	Cup	1/2	
Vegetables, Dark Green	Cup	0	
Vegetables, Red/Orange	Cup	0	
Vegetables, Legumes	Cup	0	
Vegetables, Starchy	Cup	1/2	
Vegetables, Other	Cup	0	
Vegetables, Additional	Cup	0	
Grains	Oz Eq	0	
Meats/Meat Alternates	Oz Eq	2	
Fluid Milk	Cup	0	

* Meal Pattern value marked as missing contains at least one ingredient for which meal pattern data is absent.

Nutrient	Value per Serving	Units	Nutrient	Value per Serving	Units	Nutrient	Value per Serving	Units
Food Energy	284.1458*	kcal	Total Fat	16.8502*	g	Saturated Fat	5.8366*	g
Total Trans	*	g	Cholesterol	127.6852*	mg	Sodium	939.6861	mg
Carbohydrate	22.0852*	g	Total Dietary Fiber	2.6436*	g	Protein	12.1277*	g
Vitamin A (RE)	53.8460*	RE	Vitamin A (IU)	648.3950*	IU	Vitamin C	4.0113*	mg
Calcium	146.7704*	mg	Iron	1.5230*	mg	Vitamin A (RAE)	57.4277*	mg
Total Sugars	0.2532*	g	Moisture	31.1594*	g	Ash	0.6627*	g

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.