

Minneapolis Public Schools

001404 - Egg Strata : School	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 48 Size of Portion: portion	Meat/Alt: 2 oz Grains: 0.5 oz Fruit: Vegetable: Milk:	-Soy Oil	Y - Milk Y - Egg Y - Wheat	N - Peanut N - Tree Nut N - Fish N - Shellfish N - Soy	

Ingredients	Measures	Instructions
903544 Egg, Liquid (6/5#/CS)..... 902429 Bread, Sliced Whl Wheat (6/Loaf/Flat).....	1 Each (5#) 1 Loaf	<u>Prep 1 day before service.</u> Cube the bread and hold for later use. SIDE NOTE: Leftover bread from the deli could be used in this recipe.
902663 Milk, Skim (50/.50pnt/CS)..... 902497 Cond, Mustard Dijon(6/32oz/CS)..... 903086 Spice, Salt Kosher (12/3#/CS)..... 902816 Spice, Pepper Black (1/5#/CS).....	8 Each (.5pint) 1/2 cup 2 tsp 1 tsp	In a mixing bowl add the eggs, milk, salt, pepper and mustard and stir until all ingredients are equally distributed.
902447 Cheese, Cheddar Shredded (6/5#/CS)..... 799950 TURKEY HAM, SMOKED, WATER ADDED, COOKED... 903220 Veg, Spinach Raw (1/2.5#/CS).....	2 lbs 3 lbs + 8 OZS (diced 1/4") 8 ozs	For each 4" hotel pan add the following: 1/2 loaf bread 1 3/4 pounds of turkey ham 1 pound cheddar cheese 1/4 pound spinach 8 3/4 cup of egg mixture Press all ingredients into the egg batter to make sure it is covered.
		Day of service cook uncovered in a preheated 350° oven with the fan set to low for approximately 40-45 minutes, or until the center is set and not runny. Cover with a lid if the top is getting too dark too fast. Cut 6x4 CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (portion)

Calories	235 kcal	Cholesterol	216 mg	Sugars	*0.0* g	Calcium	231.55 mg	46.62%	Calories from Total Fat
Total Fat	12.17 g	Sodium	620 mg	Protein	19.37 g	Iron	1.88 mg	19.72%	Calories from Saturated Fat
Saturated Fat	5.15 g	Carbohydrates	11.75 g	Vitamin A	990.8 IU	Water ¹	*4.32* g	*0.73%*	Calories from Trans Fat
Trans Fat ²	*0.19* g	Dietary Fiber	0.79 g	Vitamin C	1.3 mg	Ash ¹	*0.08* g	20.01%	Calories from Carbohydrates
								32.97%	Calories from Protein

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001704 - French Toast Bake :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 24 Size of Portion: Each Alternate Recipe Name: Bread Pudding	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903276 Oil, Pan Spray Buttermist (6/14oz/CS)....	1/8 Each (14oz)	Spray each 2" hotel pan with a thick coating of the pan spray.
902429 Bread, Sliced Whl Wheat (6/Loaf/Flat)....	2 lbs	Cut the bread into at least 2" (large) chunks and spread 2 pounds evenly into each hotel pan.
902541 Egg, Liquid (15/2#/CS)..... 902660 Milk, 1% (50/.50pnt/CS)..... 903255 Sugar, Brown (16/2#/CS)..... 902822 Spice, Cinnamon Ground (1/16oz/CS).... 799986 SALT, KOSHER.....	1 Each (2#) 6 Each (.5pint) 8 ozs 1 Tbsp 1 tsp	Combine remaining ingredients into a mixing bowl and stir until the sugar is dissolved. Pour the batter over the bread cubes and lightly press into the batter. Spray again with the pan spray and bake in a preheated 350° oven uncovered with the fan speed on low for approximately 30-35 minutes while rotating the pan half way through the cook time.

*Nutrients are based upon 1 Portion Size (Each)

Calories	219 kcal	Cholesterol	168 mg	Sugars	*9.2* g	Calcium	124.86 mg	21.34%	Calories from Total Fat
Total Fat	5.19 g	Sodium	316 mg	Protein	10.62 g	Iron	1.91 mg	6.56%	Calories from Saturated Fat
Saturated Fat	1.59 g	Carbohydrates	31.13 g	Vitamin A	334.5 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	0.6 mg	Ash ¹	*0.00* g	56.93%	Calories from Carbohydrates
								19.43%	Calories from Protein

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001500 - Breakfast Bar, Blueberry Crumb :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 60 Size of Portion: Each Alternate Recipe Name: Blueberry Bread	Meat/Alt: Grains: 2 oz Fruit: 0.5 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903753 Whole Grain Muffin Mix (6/5#/CS)..... 902584 Fruit Frozen Blueberries IQF (30#/CS)..... 903351 WATER,MUNICIPAL..... ----- 001005R Topping Streusel Bulk..... 902636 Grain, Flour, AP (2/25#/CS)..... 902637 Grain, Quick Oats (12/42oz/CS)..... 903202 Sugar, Brown (25#/CS)..... 902822 Spice, Cinnamon Ground (1/16oz/CS)... 903086 Spice, Salt Kosher (12/3#/CS)..... 902434 Butter, Unsalted (36/1#/CS)..... -----	1 Box 2 lbs 1 qt + 1 1/2 cups 1 Pound 5 1/8 ozs 1 3/4 ozs 4 1/2 ozs 1 1/8 tsp 1/2 tsp 4 5/8 ozs	Preheat an oven to 350° with fan on low speed Prepare the streusel mix per recipe instructions. Add water to a mixing bowl. Stir the batter mix into the water. Mix the blueberries into the batter. Spray a sheet pan thoroughly. Evenly spread the batter over the entire pan. Sprinkle 1 pound of the streusel mix evenly over the top of the batter. Place in an oven with the fan speed on low and cook for approximately 24-26 minutes while rotating halfway through the cook time. Cut 10x6 for 60 1 grain servings per sheet pan **May be reheated 1 time by placing uncovered in a pre-heated 350° oven with fan speed on low for approximately 12 minutes.**

*Nutrients are based upon 1 Portion Size (Each)

Calories	208 kcal	Cholesterol	19 mg	Sugars	*12.6* g	Calcium	23.35 mg	29.03%	Calories from Total Fat
Total Fat	6.72 g	Sodium	235 mg	Protein	2.40 g	Iron	0.56 mg	15.89%	Calories from Saturated Fat
Saturated Fat	3.68 g	Carbohydrates	33.50 g	Vitamin A	68.7 IU	Water ¹	*35.24* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.45 g	Vitamin C	0.4 mg	Ash ¹	*0.10* g	64.32%	Calories from Carbohydrates
								4.60%	Calories from Protein

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001499 - Breakfast Bread Banana Crumb : School	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 60 Size of Portion: Each Alternate Recipe Name: Banana Bread	Meat/Alt: Grains: 1 oz Fruit: 0.25 cup Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903753 Whole Grain Muffin Mix (6/5#/CS).....	1 Box	Preheat an oven to 350° with fan on low speed. Prepare streusel recipe per instructions.
903754 Banana Pulp.....	2 lbs	
903351 WATER,MUNICIPAL.....	1 qt + 1 1/2 cups	
-----		Add water to a mixing bowl. Stir the batter mix into the water. Mix the banana pulp into the batter.
001005R Topping Streusel Bulk.....	1 Pound	
902636 Grain, Flour, AP (2/25#/CS).....	5 1/8 ozs	
902637 Grain, Quick Oats (12/42oz/CS).....	1 3/4 ozs	
903202 Sugar, Brown (25#/CS).....	4 1/2 ozs	
902822 Spice, Cinnamon Ground (1/16oz/CS)...	1 1/8 tsp	
903086 Spice, Salt Kosher (12/3#/CS).....	1/2 tsp	
902434 Butter, Unsalted (36/1#/CS).....	4 5/8 ozs	

		Spray a sheet pan thoroughly. Evenly spread the batter over the entire pan. Sprinkle 1 pound of the streusel mix equally across the top of the pan. Place in an oven with the fan speed on low and cook for approximately 24-26 minutes while rotating halfway through the cook time. Cut 10x6 for 60 1 grain servings per sheet pan **May be reheated 1 time by placing uncovered in a pre-heated 350° oven with fan speed on low for approximately 12 minutes.**

*Nutrients are based upon 1 Portion Size (Each)

Calories	213 kcal	Cholesterol	19 mg	Sugars	*14.7* g	Calcium	22.14 mg	28.02%	Calories from Total Fat
Total Fat	6.62 g	Sodium	236 mg	Protein	2.47 g	Iron	0.53 mg	15.54%	Calories from Saturated Fat
Saturated Fat	3.67 g	Carbohydrates	34.60 g	Vitamin A	61.7 IU	Water ¹	*22.15* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.18 g	Vitamin C	3.6 mg	Ash ¹	*0.08* g	65.07%	Calories from Carbohydrates
								4.64%	Calories from Protein

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