

Break-fast Bowl

Recipe:	R-3782	HACCP Process:	Same Day Service	
# of Servings:	100.00	Serving Size:	1 Bowl	Source: RSU #3
Grams Per Serving:	181.49	Ounces per Serving	6.4	Meal Components: 3 oz. eq. meat/meat alternative and 2 oz. whole grain-rich

Ingredients	Measurements	Directions
USDA Frozen Liquid Egg Material#100045	10 LB	1. ingredients
Bread Bowl, Fully Baked, WGR	100 EACH, 2 OZ BOWL	
Fresh Local Pork Sausage, Ground	14 LB	
Black Pepper	1/4 CUP GROUND	
Onion Powder	1/4 CUP	
Garlic Powder	1/4 CUP	
USDA Shredded Cheddar Cheese, R/F, Material #100012	3 LB + 4 OZ	
Pan Spray	1 OZ	
		<p>2. Three Days Prior to Service: Directions: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Pull liquid eggs from freezer. Take out of case and place in plastic bin, single layer. Date stamp and place in cooler to thaw. Wash hands thoroughly</p> <p>CCP: Hold below 41°F CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines</p>
		<p>3. One Day Prior to Day of Service: Prep: Pull 100 pieces (1 case plus 8 piece), date stamp and place in cooler overnight to thaw. Wash hands thoroughly.</p> <p>CCP: Hold below 41°F CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines</p>
		<p>4. Day of Service: Prep: Clean and sanitize workstation. Pull liquid eggs, pork sausage and spiced and place at workstation. Wash hands thoroughly.</p> <p>CCP: Prepare foods at room temperature in two hours or less CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines</p>
		<p>5. Cook: In tilt skillets or large skillets, heat over low temperature and add pork sausage, breaking it up as you add it to the pan. Stir frequently to break sausage up and ensure even caramelization. When sausage is well caramelized, sprinkle the seasonings and stir well. Slowly add in liquid eggs, folding gently into sausage. Fold frequently to prevent over cooking the eggs.</p>

CCP: Heat until an internal temperature is reached of 165°F for 15 seconds
CCP: Batch cook as necessary to insure best end product and nutritional.

6. Hold: Hold covered eggs in warmer, above 140°F

CCP: Hold above 135°F

7. Serve: Place two ounces of egg mixture into a bread bowl using a #16 disher. Top with two tablespoons or .5 ounces using #30 disher.

CCP: Hold above 135°F

Notes:

Production Notes: Meal Crediting is based on the Food Buying Guide and manufacturer product formulation statement.

Serving Notes: Each Break-Fast Bowl provides 2.5 oz. eq. meat/meat alternates and 2 oz. eq. whole grain-rich. Each bowl weighs 181.49 grams or 6.4 ounces.

Nutrients Per Serving:		(per 1 Bowl)			
Calories	464.170	Trans Fat (gm)	0.134	Iron (mg)	4.311
Protein (gm)	23.718	Chol (mg)	265.523	Calc (mg)	192.305
Carb (gm)	29.674	Vit A (IU)	388.938	Sodium (mg)	692.774
Tot Fat (gm)	28.537	Vit C (mg)	2.915	Fiber (gm)	3.147
Sat Fat (gm)	9.585			Sugars (gm)	5.002

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

Meal Components:		(per 1 Bowl)				
Fruit (Cups)	Vegetables (Cups)					
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	3.000	Fluid Milk (Cups)	

Allergens:

Milk, Eggs, Wheat, Soybeans