

Saugatuck High and Middle Breakfast Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ 4-5# CARG	2 Ounce	BAKE Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes	192330
FRIES CROSSTRAX 6-4.5 REDSTNCAN	1 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN WAFFLES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1 LB) WITH FROZEN WAFFLES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	201103
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	1 Each	Thawing Instructions KEEP FROZEN UNTIL READY TO USE. Shelf Life FROZEN = 150 DAYS FROM DATE OF PRODUCTION Basic Preparation PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. ON A FULL SHEET PAN: INDIVIDUALS 8X5; CLUSTERED HONEYCOMB OF 51. ON HALF A SHEET PAN: INDIVIDUAL 5X4; CLUSTERED HONEYCOMB OF 21. LEAVE ABOUT 1.4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 DEGREES F FOR 18-22 MINUTES. CONVECTION OVEN: 350 DEGREES F FOR 14-17 MINUTES FOR INDIVIDUAL PANNED AND 16-20 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST ACCORDINGLY.	576272

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS CNTRY STYLE 6- 10 HRTHSTN	1/2 Cup	<p>Basic Preparation RTU-CONVECTION OVEN-PLACE COVERED PREPARED PRODUCT INTO 300 DEGREE F OVEN FOR 30-40 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. CONVENTIONAL OVEN-PLACE COVERED PREPARED PRODUCT INTO 350 DEGREES F OVEN FOR 60 MINUTES UNTIL CENTER REACHES 160-165 DEGREES F. MICROWAVE-PLACE PREPARED PRODUCT INTO MICROWAVE SAFE COVERED CONTAINER. HEAT ON HIGH APPROXIMATELY 2-3 MINUTES PER PORTION OR UNTIL CENTER REACHES 160-165 DEGREES F. STOVE TOP-PLACE UNCOVERED PREPARED PRODUCT OVER MEDIUM HEAT FOR 10-15 MINUTES OR UNTIL CENTER REACHES 160-165 DEGREES F, STIRRING OCCASIONALLY TO PREVENT SCORCHING.</p>	125350

Preparation Instructions

Step 1. Cook all ingredients according to Prep Instructions

Step 2. Place 1/2 cup of waffle fries in approved containers

Step 3. Place 1 biscuit (cut in Half) in each container next to fries

Step 4. Top with 2 oz (weighed) scrambled eggs

Step. 5. Top biscuit with 1/2 cup (measured) gravy

Hot hold at 140 degrees or higher

Have assorted veggie toppers on bar to finish off the bowl (green onion, peppers, jalapeno peppers, diced tomato, etc)

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.16

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	512.80		
Fat	30.48g		
SaturatedFat	12.31g		
Trans Fat	0.00g		
Cholesterol	210.00mg		
Sodium	1375.28mg		
Carbohydrates	49.14g		
Fiber	2.62g		
Sugar	7.00g		
Protein	14.62g		
Vitamin A	200.00IU	Vitamin C	1.12mg
Calcium	80.00mg	Iron	2.27mg