

# Whitesboro ISD

**Recipe: 000496 Breakfast Quesadilla**

Recipe Source: wisd  
 Recipe Group: BREAKFAST

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 24  
 Size of Portion: each

902836 Egg, Whl, Raw, Fresh 17.18 Cal Maine..... 902773 Milk, White, 1% Lowfat Hiland 17.18..... 902932 Salt ,Table/ Labatt 14.15..... 902874 Pepper, Black 14.15..... 051515 Ham, 97% Fat Free, Water-Added, Cooked, Diced... 902441 Butter Flavor Spray, Buttermist 14.15.....	36 Egg, lg 4 OZ 1/4 TSP 1/2 TSP 6 OZ 3 (1 second spray)	<p><b>PROCESS 2 - SAME DAY SERVICE</b>  <b>PROCESS 2 - CCP:</b> Cook <b>CRITICAL LIMIT:</b> As stated on recipe, cook to 155 or 165 degrees or higher for 15 seconds  <b>PROCESS 2 - CCP:</b> Hold <b>Critical Limit:</b> Hold at 135 degrees or higher</p> <p>Crack eggs into bowl. Add milk, salt, and pepper. Whisk thorough ly.                  Add ham and stir.                  Pour into 2" full size steamtable pan lined with film.                  Cover and steam 10-15 minutes or until eggs are set and internal temperature reaches 165 F.</p> <p>With whisk, break up eggs into small chunks.                  Cover and hold in warmer until assembly.</p>
902831 Tortilla, WG 6", Azteca 14.15 LS..... 902567 Cheese, Cheddar, Shredded LF/LS 14.15.....	25 tortilla 12 OZ	<p>For assembly. Spray full size sheet pan with butter spray.                  Lay tortillas on sheet pan, overlapping slightly.                  Place 3 oz spoodle of egg mixture onto half of the tortilla, spreading to 1/2 inch of edge. Top with 1/2 oz cheese. Fold tortilla in half. Repeat with all tortillas.</p> <p><b>CCP:</b> BATCH COOKING: Batch cooking and holding at 135 degrees is vital as reheating destroys the quality of product - <b><u>Do not hold longer than 30 minutes.</u></b>  <b>CCP:</b> CCP - HOT HOLDING: All fully cooked foods being held for service will be maintained at or above a temperature of 135 degrees</p>
902776 Margarine, Solids, Ventura 17.18 30/11b block.....	4 OZ	<p>Melt butter on stovetop.                  Brush over tops of tortillas.</p> <p>Cook at 350 F for 3-5 minutes, just until cheese is melted and tortilla is lightly browned. Cut quesadillas in half.                  Serve hot and crispy, 1 quesadilla (2 halves) per serving.</p> <p>Hold in warmer, uncovered to keep crispy, no more than 30 minutes.</p>

\*Nutrients are based upon 1 Portion Size (each)

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Calories	278 kcal	Cholesterol	334.16 mg	Sugars	1.48 g	Calcium	158.53 mg	51.23%	Calories from Total Fat
Total Fat	15.81 g	Sodium	334.08 mg	Protein	15.84 g	Iron	1.87 mg	18.05%	Calories from Saturated Fat
Saturated Fat	5.57 g	Carbohydrates	17.56 g	Vitamin A	786.49 IU	Water <sup>1</sup>	*0.01* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.09 g	Vitamin C	0.02 mg	Ash <sup>1</sup>	*0.00* g	25.27%	Calories from Carbohydrates
								22.80%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.5 oz				? - Milk
Grain..... 1 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
<b><u>Moisture &amp; Fat Change</u></b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902836	Egg, Whl, Raw, Fresh 17.18 Cal Maine			
I	902773	Milk, White, 1% Lowfat Hiland 17.18			
I	902932	Salt ,Table/ Labatt 14.15			
I	902874	Pepper, Black 14.15			
I	051515	Ham, 97% Fat Free, Water-Added, Cooked, Dice			
I	902441	Butter Flavor Spray, Buttermist 14.15			
I	902831	Tortilla, WG 6", Azteca 14.15 LS			
I	902567	Cheese, Cheddar, Shredded LF/LS 14.15			
I	902776	Margarine, Solids, Ventura 17.18 30/1lb block			

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