

LCPS

Recipe

Mar 1, 2018

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Recipe: 001996 Breakfast Taco

Recipe Source:
Recipe Group: BREAKFAST

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: taco

Recipe HACCP Process: #2 Same Day Service

<p>904343 Pancake, WG, Buttermilk BakeCrafters #1475... 902590 Sausage Patty, Jones #018859..... 904239 Egg Square - Sunny Fresh #30149.....</p>	<p>12 Pancake - 1.3 oz 6 Patty 43 g 6 Egg Square</p>	<p>Thaw pancakes one day prior to service thaw at room temperature for two hours and then place in refrigerator.</p> <p>Wash your hands.</p> <p>Preheat convection oven to 350°F 15 minutes prior to use. Preheat second convection oven to 175°F 15 minutes prior to use.</p> <p>Shingle frozen sausage patties in a perforated steam table pan with a regular steam table pan underneath. This will keep the sausage patties out of the grease. Steam for approximately 5-8 minutes.</p> <p>Place egg patties on paper lined sheet pan. Bake in 350°F convection oven for approximately 10 minutes.</p> <p>CCP: Heat sausage and egg patties to 165°F for at least 15 seconds.</p>
		<p>Place pancakes in a single layer on paper lined full size sheet pan. Heat in 175°F convection oven for 5 minutes.</p> <p>Cut sausage patties and egg squares in half. Place 1/2 sausage patty and 1/2 egg square on top of a pancake and fold in half like a taco.</p> <p>Stand breakfast tacos in paper lined 2 1/2" steam table pan. Cover with plastic bag and place in warmer to hold for hot service.</p> <p>CCP: Hold for hot service at 135°F or higher.</p> <p>Serve one taco in 1# boat.</p>
		<p>Serve: one breakfast taco Yields: 1 oz meat/meat alternate, 1 oz equivalent grain</p> <p>Chicken Sausage 107 per case Egg Patties - 100 per case Pancakes - 144 per case</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (taco)

Calories	141 kcal	Cholesterol	85.48 mg	Sugars	3.49 g	Calcium	10.00 mg	42.00%	Calories from Total Fat
Total Fat	6.57 g	Sodium	312.82 mg	Protein	7.06 g	Iron	1.08 mg	17.67%	Calories from Saturated Fat
Saturated Fat	2.76 g	Carbohydrates	14.45 g	Vitamin A	100.00 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.61 mg	Ash ¹	0.00 g	41.07%	Calories from Carbohydrates
								20.08%	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
¹ - denotes optional nutrient values
² - 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 oz		Y - Milk	N - Peanut	
Grain.....	1 oz		Y - Egg	N - Tree Nut	
Fruit.....	cup		Y - Soy	N - Fish	
Vegetable.....	cup		Y - Wheat	N - Shellfish	
Milk.....	cup				
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	904343	Pancake, WG, Buttermilk BakeCrafters #1475			
I	902590	Sausage Patty, Jones #018859			
I	904239	Egg Square - Sunny Fresh #30149			

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