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BAKED MACARONI AND CHEESE

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 359 cal | 37 g | 17 g | 16 g | 39 mg | 721 mg | 357 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|-----------------------------|------------|------------------|--|
| MACARONI NOODLES,ELBOW,DRY | 7-3/8 lbs | 2 gal | |
| WATER,BOILING | 50-1/8 lbs | 6 gal | |
| SALT | 1-2/3 oz | 2-2/3 tbsp | |
| MILK,NONFAT,DRY | 1-1/3 lbs | 2 qts 1 cup | |
| WATER,WARM | 20-7/8 lbs | 2 gal 2 qts | |
| FLOUR,WHEAT,GENERAL PURPOSE | 1-2/3 lbs | 1 qts 2 cup | |
| WATER,COLD | 2-1/8 lbs | 1 qts | |
| SALT | 1-7/8 oz | 3 tbsp | |
| PEPPER,BLACK,GROUND | 1/4 oz | 1 tbsp | |
| CHEESE,CHEDDAR,SHREDDED | 8 lbs | 2 gal | |
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| BREADCRUMBS,DRY,GROUND,FINE | 1-1/4 lbs | 1 qts 1 cup | |
| MARGARINE,MELTED | 10 oz | 1-1/4 cup | |

Method

- 1 Add macaroni slowly to boiling salted water; cook 8 to 10 minutes or until tender; stir occasionally to prevent sticking.
- 2 Drain. Set aside for use in Step 7.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Combine flour and water to make a smooth mixture. Add mixture to hot milk, stirring constantly.
- 5 Add salt and pepper. Bring mixture to a boil; reduce heat; simmer 5 minutes or until thickened. Stir frequently to prevent scorching.
- 6 Add cheese to sauce; stir only until smooth; remove from heat.
- 7 Combine sauce and macaroni; mix well.
- 8 Lightly spray steam table pans with non-stick cooking spray. Place about 6-1/3 quart mixture in each sprayed pan.
- 9 Combine bread crumbs and melted butter or margarine; sprinkle 1-3/4 cup over mixture in each pan.
- 10 Using a convection oven, bake at 325 F. 15-20 minutes on high fan, open vent or until browned. CCP: Hold for service at 140 F. or higher.

NACHOS**Yield** 100**Portion** 1-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 403 cal | 28 g | 14 g | 27 g | 47 mg | 1259 mg | 379 mg |

Ingredient

PEPPERS,JALAPENOS,CANNED,CHOPPED
 WATER
 RESERVED LIQUID
 CHEESE,AMERICAN,SHREDDED
 CHIPS,TORTILLA

Weight

9-1/2 lbs
 1-5/8 lbs
 3-2/3 lbs
 11 lbs
 9 lbs

Measure

1 gal 3-7/8 qts
 3 cup
 1 qts 3 cup
 2 gal 3 qts

Issue**Method**

- 1 Drain peppers. Reserve liquid from peppers. Coarsely chop peppers. Set aside for use in Step 6.
- 2 Combine water and reserved jalapeno liquid in steam-jacketed kettle or stock pot. Bring to a simmer. DO NOT BOIL.
- 3 Add cheese to hot mixture; stir constantly until melted, about 3 to 4 minutes, or until smooth and creamy. DO NOT BOIL.
- 4 Remove from heat; keep warm. CCP: Hold for service at 140 F. or higher.
- 5 Pour 2 ounces sauce over about 20 tortilla chips.
- 6 Sprinkle 2 teaspoons jalapeno peppers over each portion.

Notes

- 1 In Step 3, DO NOT use cheddar cheese. It will not produce an acceptable product.
- 2 In Step 3, cheese, when combined with jalapeno liquid, begins to curdle at temperatures above 170 F. to 180 F.

NACHOS (RTU CHEESE SAUCE)**Yield** 100**Portion** 1-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 289 cal | 34 g | 5 g | 15 g | 6 mg | 1028 mg | 112 mg |

Ingredient

PEPPERS,JALAPENOS,CANNED,CHOPPED
 RESERVED LIQUID
 SAUCE, CHEESE, PREPARED
 CHIPS,TORTILLA

Weight

4-3/4 lbs
 1-5/8 lbs
 13-1/8 lbs
 9 lbs

Measure

3 qts 3-7/8 cup
 3 cup
 1 gal 2 qts

Issue**Method**

- 1 Drain peppers. Reserve liquid.
- 2 Combine jalapeno liquid with ready-to-use cheese sauce. Mix until smooth. Place in steam-jacketed kettle or stock pot. Heat, stirring constantly until hot, about 10 to 15 minutes. DO NOT BOIL.
- 3 Remove from heat; keep warm. CCP: Hold for service at 140 F. or higher.
- 4 Pour 2 ounces sauce over 20 tortilla chips.
- 5 Sprinkle 2 teaspoons jalapeno peppers over each portion.

Notes

- 1 Ready to use cheese sauce with jalapeno peppers may also be used.

EGGS AU GRATIN (SCOTCH WOODCOCK)

Yield 100

Portion 2/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 223 cal | 7 g | 12 g | 16 g | 243 mg | 241 mg | 179 mg |

Ingredient**Weight****Measure****Issue**

EGG,HARD COOKED

11 lbs

100 Eggs

MILK,NONFAT,DRY

14-3/8 oz

1 qts 2 cup

WATER,WARM

15-2/3 lbs

1 gal 3-1/2 qts

BUTTER,MELTED

1-1/2 lbs

3 cup

FLOUR,WHEAT,GENERAL PURPOSE

1-1/8 lbs

1 qts

CHEESE,CHEDDAR,SHREDDED

3 lbs

3 qts

BREADCRUMBS,DRY,GROUND,FINE

5-1/8 oz

1-3/8 cup

BUTTER,MELTED

2-1/2 oz

1/4 cup 1-1/3 tbsp

Method

- 1 Place eggs in baskets as needed; cover with hot water. Bring to a boil; reduce heat; simmer 10 to 15 minutes. DO NOT BOIL. Remove from water; serve immediately. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 Cool; remove shells from eggs; slice eggs in half lengthwise. Arrange 100 egg halves in each steam table pan.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Blend butter or margarine and flour together; stir until smooth. Add milk to roux, stirring constantly. Cook until thickened.
- 5 Add cheese to sauce; stir until cheese is melted. Stir as necessary.
- 6 Pour 4-3/4 quarts sauce over egg halves in each steam table pan.
- 7 Combine bread crumbs and butter. Sprinkle 2/3 cup buttered crumbs over mixture in each pan.
- 8 Using a convection oven, bake at 325 F. 10 minutes or until browned on low fan, open vent. CCP: Hold for service at 140 F. or higher.

COOKED EGGS**Yield** 100**Portion** 2 Each

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 149 cal | 1 g | 12 g | 10 g | 425 mg | 126 mg | 49 mg |

Ingredient

EGGS,WHOLE,FRESH

Weight

22 lbs

Measure

200 each

Issue**Method**

- 1 HARD COOKED EGGS: Place eggs in baskets as needed; cover with hot water. Bring to a boil; reduce heat; simmer 10 to 15 minutes. DO NOT BOIL. Remove from water; serve immediately. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 SOFT COOKED EGGS: Cook individual portions. Place eggs in baskets; cover with hot water. Bring to a boil; reduce heat; simmer 4 minutes. DO NOT BOIL. Remove from water; serve immediately.

Notes

- 1 Remove eggs from refrigeration 30 minutes before using.
- 2 Eggs may be placed in perforated steamer pans and steamed to desired doneness.
- 3 If hard cooked eggs are to be used in salads or other dishes, plunge into cold running water immediately after cooking; add ice, if necessary, to cool eggs. CCP: Refrigerate at 41 F. or lower.
- 4 COLD WATER METHOD FOR COOKED EGGS: Place eggs in basket as needed; cover with cold water. Bring to a boil; reduce heat. For soft cooked eggs, simmer 1 minute. For hard cooked eggs, simmer 8 to 10 minutes. DO NOT BOIL.
- 5 STEAMER METHOD FOR COOKING EGGS: Grease steamer pan. Break eggs individually into a small container before dropping into greased pan. Egg depth should not exceed 2 inches. Place pan, uncovered, in steamer at 5 pound pressure for 6 to 8 minutes or 15 pound pressure for 5 to 7 minutes. Remove pan from steamer; cut eggs for easy removal. CCP: Fresh eggs must be heated to 155 F. or higher for 15 seconds. Consistency of cooked eggs can be controlled by adjusting cooking time.

DEVILED EGGS**Yield** 100**Portion** 2 Halves

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 115 cal | 2 g | 6 g | 9 g | 214 mg | 137 mg | 26 mg |

Ingredient**Weight****Measure****Issue**

EGG,HARD COOKED
 MUSTARD,PREPARED
 PICKLE RELISH,SWEET,DRAINED
 SALAD DRESSING,MAYONNAISE TYPE
 PAPRIKA,GROUND

11 lbs
 4-3/8 oz
 8-5/8 oz
 1-1/2 lbs
 1/4 oz

100 Eggs
 1/2 cup
 1 cup
 3 cup
 1 tbsp

Method

- 1 Cool; remove shells from eggs; slice eggs in half lengthwise. Arrange 100 egg halves in each steam table pan. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 Cool; remove shells from eggs; cut eggs in half lengthwise. Remove yolks and mash thoroughly. Set whites aside for use in Step 4.
- 3 Blend mustard, pickle relish and salad dressing with yolks. Mix until well blended.
- 4 Fill the cooked whites with yolk mixture, using 1 tablespoon filling for each egg half.
- 5 Sprinkle paprika on top.
- 6 Serve immediately or cover and refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

EGG FOO YOUNG

Yield 100

Portion 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 157 cal | 4 g | 10 g | 12 g | 134 mg | 490 mg | 27 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|-----------------------------|-----------|------------------|-----------|
| OIL,SALAD | 7-2/3 oz | 1 cup | |
| FLOUR,WHEAT,GENERAL PURPOSE | 8-7/8 oz | 2 cup | |
| CHICKEN BROTH | | 1 gal | |
| SOY SAUCE | 10-1/8 oz | 1 cup | |
| MOLASSES | 1-1/2 oz | 2 tbsp | |
| ONIONS,FRESH,CHOPPED | 1-1/3 lbs | 3-3/4 cup | 1-1/2 lbs |
| PEPPERS,GREEN,FRESH,CHOPPED | 7-7/8 oz | 1-1/2 cup | 9-5/8 oz |
| OIL,SALAD | 1-7/8 oz | 1/4 cup 1/3 tbsp | |
| CHICKEN,COOKED,DICED | 4 lbs | | |
| BEAN SPROUTS,CANNED,DRAINED | 1-7/8 lbs | 3 qts 2 cup | |
| PEPPER,BLACK,GROUND | 1/8 oz | 1/3 tsp | |
| EGGS,WHOLE,FROZEN,BEATEN | 6 lbs | 2 qts 3-1/4 cup | |
| OIL,SALAD | 1 lbs | 2 cup | |

Method

- 1 Blend salad oil or shortening and flour; stir until smooth.
- 2 Prepare broth according to package directions. Add flour mixture to broth; mix well. Bring to a boil; reduce heat; simmer 10 minutes or until thickened.
- 3 Add soy sauce and molasses to sauce; simmer 5 minutes.
- 4 Saute onions and peppers in salad oil or olive oil until tender.
- 5 Combine sauteed vegetables, meat, bean sprouts, and pepper; mix well.
- 6 Add eggs to meat mixture; blend well.
- 7 Place 1/3 cup mixture on 375 F. well greased griddle; cook about 3 minutes on each side or until well done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Pour 2 tablespoons sauce over each omelet just before serving. CCP: Hold for service at 140 F. or higher.

GRIDDLE FRIED EGGS**Yield** 100**Portion** 2 Each

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 168 cal | 1 g | 12 g | 12 g | 425 mg | 126 mg | 49 mg |

IngredientEGGS,WHOLE,FRESH
OIL,SALAD**Weight**22 lbs
7-2/3 oz**Measure**200 each
1 cup**Issue****Method**

- 1 Break 2 eggs individually into a small bowl.
- 2 Fry eggs to order on a 325 F. lightly greased griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 3 CCP: Hold for service at 140 F. or higher.

PLAIN OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 139 cal | 1 g | 11 g | 10 g | 392 mg | 121 mg | 54 mg |

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

20 lbs
 2 oz

Measure

2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend yolks and whites.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

PLAIN OMELET (FROZEN EGGS AND EGG WHITES)**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 93 cal | 1 g | 10 g | 5 g | 196 mg | 132 mg | 30 mg |

Ingredient

EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 COOKING SPRAY,NONSTICK

Weight

10 lbs
 10 lbs
 2 oz

Measure

1 gal 2/3 qts
 1 gal 2/3 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Thaw eggs and egg whites; place eggs in mixer bowl. Using wire whip beat just enough to thoroughly blend yolks and whites.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

CHEESE OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 198 cal | 1 g | 14 g | 15 g | 407 mg | 212 mg | 160 mg |

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 CHEESE,CHEDDAR,SHREDDED

Weight

20 lbs
 2 oz
 3-1/4 lbs

Measure

2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp
 3 qts 1 cup

Issue**Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle about 2 tablespoons cheese over each omelet when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

GREEN PEPPER OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 152 cal | 3 g | 11 g | 10 g | 392 mg | 121 mg | 56 mg |

Ingredient

COOKING SPRAY, NONSTICK
 PEPPERS, GREEN, FRESH, CHOPPED
 EGGS, WHOLE, FROZEN
 COOKING SPRAY, NONSTICK

Weight

2 oz
 7-1/8 lbs
 20 lbs
 2 oz

Measure

1/4 cup 1/3 tbsp
 1 gal 1-1/2 qts
 2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp

Issue

8-2/3 lbs

Method

- 1 Lightly spray griddle with non-stick cooking spray. Cook chopped fresh sweet peppers until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend. Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons peppers over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

HAM OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 166 cal | 1 g | 14 g | 11 g | 401 mg | 352 mg | 55 mg |

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 HAM,COOKED,BONELESS

Weight

20 lbs
 2 oz
 4 lbs

Measure

2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath.
- 4 Dice ham. Sprinkle 2 tablespoons ham over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

HAM AND CHEESE OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 180 cal | 1 g | 14 g | 13 g | 404 mg | 278 mg | 103 mg |

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 CHEESE,CHEDDAR,SHREDDED
 HAM,COOKED,BONELESS

Weight

20 lbs
 2 oz
 1-1/2 lbs
 2 lbs

Measure

2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp
 1 qts 2 cup

Issue**Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath.
- 4 Dice ham. Sprinkle about 1 tablespoon cheese and 1 tablespoon ham over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

MUSHROOM OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 151 cal | 3 g | 11 g | 10 g | 392 mg | 258 mg | 57 mg |

Ingredient

MUSHROOMS,CANNED,SLICED,DRAINED
 COOKING SPRAY,NONSTICK
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

7-1/8 lbs
 2 oz
 20 lbs
 2 oz

Measure

1 gal 1-1/8 qts
 1/4 cup 1/3 tbsp
 2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook mushrooms until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. When omelet is partially set, sprinkle about 1-1/2 tablespoon mushrooms over eggs and continue cooking until eggs are set and well done. If necessary when cooking, lift cooked portion with spatula to let uncooked mixture flow underneath. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

ONION OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 150 cal | 3 g | 11 g | 10 g | 392 mg | 121 mg | 57 mg |

Ingredient

ONIONS,FRESH,CHOPPED
 COOKING SPRAY,NONSTICK
 EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK

Weight

4-1/4 lbs
 2 oz
 20 lbs
 2 oz

Measure

3 qts
 1/4 cup 1/3 tbsp
 2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp

Issue

4-2/3 lbs

Method

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions until tender.
- 2 Place thawed eggs in a mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked portion to flow underneath. Sprinkle 1 tablespoon onions over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

WESTERN OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 170 cal | 4 g | 13 g | 11 g | 396 mg | 237 mg | 60 mg |

Ingredient**Weight****Measure****Issue**

ONIONS,FRESH,CHOPPED

4-1/4 lbs

3 qts

4-2/3 lbs

COOKING SPRAY, NONSTICK

2 oz

1/4 cup 1/3 tbsp

PEPPERS, GREEN, FRESH, CHOPPED

5-1/4 lbs

1 gal

6-3/8 lbs

HAM, COOKED, BONELESS

2 lbs

EGGS, WHOLE, FROZEN

20 lbs

2 gal 1-1/3 qts

COOKING SPRAY, NONSTICK

2 oz

1/4 cup 1/3 tbsp

Method

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions and peppers until tender.
- 2 Chop or grind ham. Combine cooked onions and peppers with chopped ham; mix thoroughly.
- 3 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 4 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on griddle.
- 5 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle about 3 tablespoons onion/pepper/ham mixture over eggs when partially set. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 6 Fold omelet in half or into thirds making a long, oval shaped omelet. CCP: Hold for service at 140 F. or higher.

TOMATO OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 145 cal | 2 g | 11 g | 10 g | 392 mg | 123 mg | 55 mg |

Ingredient

EGGS,WHOLE,FROZEN
 COOKING SPRAY,NONSTICK
 TOMATOES,FRESH,CHOPPED

Weight

20 lbs
 2 oz
 6-3/4 lbs

Measure

2 gal 1-1/3 qts
 1/4 cup 1/3 tbsp
 1 gal 1/4 qts

Issue

6-7/8 lbs

Method

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons tomatoes over eggs when partially set. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long, oval shaped omelet. CCP: Hold for service at 140 F. or higher.

SPANISH OMELET**Yield** 100**Portion** 1 Omelet

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 183 cal | 9 g | 12 g | 11 g | 392 mg | 364 mg | 82 mg |

Ingredient

SPANISH SAUCE

EGGS,WHOLE,FROZEN

COOKING SPRAY,NONSTICK

Weight

20 lbs

2 oz

Measure

2 gal 1/4 qts

2 gal 1-1/3 qts

1/4 cup 1/3 tbsp

Issue**Method**

- 1 Prepare 1 recipe Spanish Sauce, Recipe No. O 005 01 for use in Step 6. CCP: Hold for service at 140 F. or higher.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds, making a long oval shaped omelet.
- 6 Serve each omelet with 2 ounces of heated Spanish Sauce, Recipe No. O 005 01. CCP: Hold for service at 140 F. or higher.

POACHED EGGS**Yield** 100**Portion** 2 Each

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 149 cal | 1 g | 12 g | 10 g | 425 mg | 127 mg | 49 mg |

Ingredient

WATER
 VINEGAR,DISTILLED
 EGGS,WHOLE,FRESH

Weight

4-1/8 lbs
 1 oz
 22 lbs

Measure

2 qts
 2 tbsp
 200 each

Issue**Method**

- 1 Fill a steam table pan with water to a depth of 1 inch.
- 2 Add vinegar; bring to a boil; reduce to a simmer.
- 3 Break 2 eggs individually into a small bowl; slide gently into simmering water.
- 4 Cook 3 to 5 minutes or until whites are set and yolks are covered with a white film. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 5 Using a perforated skimmer, lift eggs out of pan; serve immediately. CCP: Hold for service at 140 F. or higher.

SCRAMBLED EGGS**Yield** 100**Portion** 1/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 144 cal | 1 g | 11 g | 10 g | 392 mg | 121 mg | 54 mg |

Ingredient

EGGS,WHOLE,FROZEN
OIL,SALAD

Weight

20 lbs
3-7/8 oz

Measure

2 gal 1-1/3 qts
1/2 cup

Issue**Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm, until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold for service at 140 F. or higher.

Notes

- 1 OVEN METHOD: Using a convection oven, bake at 350 F. 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

SCRAMBLED EGGS AND CHEESE**Yield** 100**Portion** 1/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 217 cal | 1 g | 15 g | 16 g | 411 mg | 233 mg | 184 mg |

Ingredient

EGGS,WHOLE,FROZEN
 OIL,SALAD
 CHEESE,CHEDDAR,SHREDDED

Weight

20 lbs
 3-7/8 oz
 4 lbs

Measure

2 gal 1-1/3 qts
 1/2 cup
 1 gal

Issue**Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Sprinkle cheese, using about 1 cup per 1 quart of egg mixture, over partially cooked eggs. Stir gently until cheese is melted and well blended. Cook slowly until firm or until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold at 140 F. or higher.

Notes

- 1 OVEN METHOD: Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

SCRAMBLED EGGS AND HAM**Yield** 100**Portion** 1/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 171 cal | 1 g | 14 g | 12 g | 401 mg | 352 mg | 55 mg |

Ingredient

EGGS,WHOLE,FROZEN
 OIL,SALAD
 HAM,COOKED,BONELESS

Weight

20 lbs
 3-7/8 oz
 4 lbs

Measure

2 gal 1-1/3 qts
 1/2 cup

Issue**Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Dice ham. Add diced ham, about 1 cup per 1 quart of egg mix, over partially cooked eggs. Stir well. Cook slowly until firm or until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold at 140 F. or higher.

Notes

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

SCRAMBLED EGGS (DEHYDRATED EGG MIX)**Yield** 100**Portion** 1/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 166 cal | 1 g | 12 g | 12 g | 451 mg | 140 mg | 62 mg |

Ingredient

EGG MIX,DEHYDRATED
 WATER,WARM
 OIL,SALAD

Weight

5-3/4 lbs
 15-2/3 lbs
 3-7/8 oz

Measure

5 #3cyl
 1 gal 3-1/2 qts
 1/2 cup

Issue**Method**

- 1 Combine egg mix and warm water.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm or until there is no visible liquid egg, stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher.

Notes

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

SCRAMBLED EGGS (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 1/3 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 98 cal | 1 g | 10 g | 6 g | 196 mg | 132 mg | 30 mg |

Ingredient

EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL,SALAD

Weight

10 lbs
 10 lbs
 3-7/8 oz

Measure

1 gal 2/3 qts
 1 gal 2/3 qts
 1/2 cup

Issue**Method**

- 1 Combine whole table eggs and frozen egg whites. Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm or until there is no visible liquid egg, stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

MUSHROOM QUICHE**Yield** 100**Portion** 4-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 199 cal | 16 g | 11 g | 10 g | 114 mg | 267 mg | 231 mg |

Ingredient**Weight****Measure****Issue**

MUSHROOMS,CANNED,SLICED,DRAINED

4-1/8 lbs

3 qts

ONIONS,FRESH,CHOPPED

2-1/3 lbs

1 qts 2-5/8 cup

2-5/8 lbs

CHEESE,SWISS,SHREDDED

3-3/4 lbs

1 gal

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

FLOUR,WHEAT,BREAD

3-1/3 lbs

2 qts 3 cup

MILK,NONFAT,DRY

1-1/4 oz

1/2 cup

SALT

3/8 oz

1/3 tsp

SUGAR,GRANULATED

1-3/4 oz

1/4 cup 1/3 tbsp

BAKING SODA

5/8 oz

1 tbsp

SHORTENING

7-1/4 oz

1 cup

MILK,NONFAT,DRY

11-3/8 oz

1 qts 3/4 cup

WATER,WARM

11-1/2 lbs

1 gal 1-1/2 qts

EGGS,WHOLE,FROZEN

5 lbs

2 qts 1-3/8 cup

GARLIC POWDER

3/4 oz

2-2/3 tbsp

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Combine mushrooms, onions and cheese. Spread 1-3/4 quarts evenly over bottom of each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 350 F. 15 minutes on low fan, closed vent; reduce heat to 325 F.; bake an additional 30 minutes or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BROCCOLI QUICHE**Yield** 100**Portion** 4-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 201 cal | 16 g | 12 g | 10 g | 114 mg | 194 mg | 242 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|-------------------------|------------|------------------|-----------|
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| ONIONS,FRESH,CHOPPED | 1-1/8 lbs | 3-3/8 cup | 1-1/3 lbs |
| BROCCOLI,FROZEN,CHOPPED | 6 lbs | 1 gal | |
| CHEESE,SWISS,SHREDDED | 3-3/4 lbs | 1 gal | |
| FLOUR,WHEAT,BREAD | 3-1/3 lbs | 2 qts 3 cup | |
| MILK,NONFAT,DRY | 1-1/4 oz | 1/2 cup | |
| SALT | 3/8 oz | 1/3 tsp | |
| SUGAR,GRANULATED | 1-3/4 oz | 1/4 cup 1/3 tbsp | |
| BAKING SODA | 5/8 oz | 1 tbsp | |
| SHORTENING | 7-1/4 oz | 1 cup | |
| MILK,NONFAT,DRY | 11-3/8 oz | 1 qts 3/4 cup | |
| WATER,WARM | 11-1/2 lbs | 1 gal 1-1/2 qts | |
| EGGS,WHOLE,FROZEN | 5 lbs | 2 qts 1-3/8 cup | |
| GARLIC POWDER | 3/4 oz | 2-2/3 tbsp | |
| NUTMEG,GROUND | 1/8 oz | 1/3 tsp | |
| PEPPER,BLACK,GROUND | 1/3 oz | 1 tbsp | |

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Thaw broccoli. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs, nutmeg and black pepper to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 350 F. 15 minutes on low fan, closed vent; reduce temperature to 325 F.; bake an additional 30 minutes or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BROCCOLI QUICHE (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 4-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 189 cal | 16 g | 11 g | 9 g | 64 mg | 195 mg | 236 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|--------------------------|------------|------------------|-----------|
| ONIONS,FRESH,CHOPPED | 1-1/8 lbs | 3-3/8 cup | 1-1/3 lbs |
| BROCCOLI,FROZEN,CHOPPED | 6 lbs | 1 gal | |
| CHEESE,SWISS,SHREDDED | 3-3/4 lbs | 1 gal | |
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| FLOUR,WHEAT,BREAD | 3-1/3 lbs | 2 qts 3 cup | |
| MILK,NONFAT,DRY | 1-1/4 oz | 1/2 cup | |
| SALT | 3/8 oz | 1/3 tsp | |
| SUGAR,GRANULATED | 1-3/4 oz | 1/4 cup 1/3 tbsp | |
| BAKING SODA | 5/8 oz | 1 tbsp | |
| SHORTENING | 7-1/4 oz | 1 cup | |
| MILK,NONFAT,DRY | 11-3/8 oz | 1 qts 3/4 cup | |
| WATER,WARM | 11-1/2 lbs | 1 gal 1-1/2 qts | |
| EGGS,WHOLE,FROZEN | 2-3/8 lbs | 1 qts 1/2 cup | |
| EGG WHITES,FROZEN,THAWED | 2-3/8 lbs | 1 qts 1/2 cup | |
| GARLIC POWDER | 3/4 oz | 2-2/3 tbsp | |
| NUTMEG,GROUND | 1/8 oz | 1/3 tsp | |
| PEPPER,BLACK,GROUND | 1/3 oz | 1 tbsp | |

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Thaw and cut broccoli in 1/2-inch pieces. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs, nutmeg, and black pepper to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 325 F. for 40 minutes on low fan, closed vent or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MUSHROOM QUICHE (FROZEN EGGS AND EGG WHITES)**Yield** 100**Portion** 4-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 187 cal | 16 g | 11 g | 9 g | 64 mg | 269 mg | 225 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|---------------------------------|------------|------------------|-----------|
| MUSHROOMS,CANNED,SLICED,DRAINED | 4-1/8 lbs | 3 qts | |
| ONIONS,FRESH,CHOPPED | 2-1/3 lbs | 1 qts 2-5/8 cup | 2-5/8 lbs |
| CHEESE,SWISS,SHREDDED | 3-3/4 lbs | 1 gal | |
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| FLOUR,WHEAT,BREAD | 3-1/3 lbs | 2 qts 3 cup | |
| MILK,NONFAT,DRY | 1-1/4 oz | 1/2 cup | |
| SALT | 3/8 oz | 1/3 tsp | |
| SUGAR,GRANULATED | 1-3/4 oz | 1/4 cup 1/3 tbsp | |
| BAKING SODA | 5/8 oz | 1 tbsp | |
| SHORTENING | 7-1/4 oz | 1 cup | |
| MILK,NONFAT,DRY | 11-3/8 oz | 1 qts 3/4 cup | |
| WATER,WARM | 11-1/2 lbs | 1 gal 1-1/2 qts | |
| EGGS,WHOLE,FROZEN | 2-3/8 lbs | 1 qts 1/2 cup | |
| EGG WHITES,FROZEN,THAWED | 2-3/8 lbs | 1 qts 1/2 cup | |
| GARLIC POWDER | 3/4 oz | 2-2/3 tbsp | |

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray. Combine mushrooms, onions and cheese. Spread about 2 pounds 10 ounces evenly over bottom of each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Thaw eggs under refrigeration. Add eggs to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups of batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 325 F. for 40 minutes on low fan, closed vent or until set and lightly browned. Let stand 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Cut 5 by 5.

BREAKFAST BURRITO

Yield 100

Portion 1 Each

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 302 cal | 26 g | 16 g | 14 g | 167 mg | 499 mg | 170 mg |

Ingredient**Weight****Measure****Issue**

EGG WHITES,FROZEN,THAWED

7-1/2 lbs

3 qts 2 cup

EGGS,WHOLE,FROZEN

7-1/2 lbs

3 qts 2 cup

CHEESE,CHEDDAR,SHREDDED

2-2/3 lbs

2 qts 2-5/8 cup

SAUSAGE,PORK,COOKED,DICED

2 lbs

TOMATOES,FRESH,CHOPPED

2 lbs

1 qts 1 cup

2 lbs

ONIONS,FRESH,CHOPPED

1 lbs

2-5/8 cup

1 lbs

PEPPER,BLACK,GROUND

1/3 oz

1 tbsp

OREGANO,CRUSHED

1/2 oz

3 tbsp

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

TORTILLAS,FLOUR,8 INCH

9-1/2 lbs

100 each

Method

- 1 Combine egg whites and eggs. Blend thoroughly.
- 2 Combine cheese, sausage, tomatoes, onions, pepper and oregano; mix thoroughly.
- 3 Lightly spray griddle with non-stick cooking spray. Pour about 1 quart egg mixture on 325 F. lightly sprayed griddle. Cook until partially set. Add 6 ounces cheese-sausage mixture. Cook until cheese is melted and eggs are firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place tortillas on lightly sprayed griddle; heat 30 seconds on each side.
- 5 Place about 1/2 cup cooked egg mixture in center of each tortilla; fold tortilla to cover eggs and form burrito.
- 6 CCP: Hold for service at 140 F. or higher.

Notes

- 1 In Step 2, 3-1/4 pounds (1/2 No. 10 can) of canned diced tomatoes may be used per 100 portions. Drain before using.

BREAKFAST PITA**Yield** 100**Portion** 1 Pita

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 418 cal | 55 g | 21 g | 12 g | 167 mg | 801 mg | 198 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|---------------------------|-----------|------------------|-------|
| EGG WHITES,FROZEN,THAWED | 7-1/2 lbs | 3 qts 2 cup | |
| EGGS,WHOLE,FROZEN | 7-1/2 lbs | 3 qts 2 cup | |
| CHEESE,CHEDDAR,SHREDDED | 2-2/3 lbs | 2 qts 2-5/8 cup | |
| SAUSAGE,PORK,COOKED,DICED | 2 lbs | | |
| TOMATOES,FRESH,CHOPPED | 2 lbs | 1 qts 1 cup | 2 lbs |
| ONIONS,FRESH,CHOPPED | 1 lbs | 2-5/8 cup | 1 lbs |
| PEPPER,BLACK,GROUND | 1/3 oz | 1 tbsp | |
| OREGANO,CRUSHED | 1/2 oz | 3 tbsp | |
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| BREAD,PITA,WHITE,8-INCH | 21 lbs | 100 each | |

Method

- 1 Combine egg whites and eggs. Blend thoroughly.
- 2 Combine cheese, sausage, tomatoes, onions, pepper and oregano; mix thoroughly.
- 3 Pour about 1 quart egg mixture on lightly greased griddle. Cook until partially set. Add cheese-sausage mixture. Cook until cheese is melted and eggs are firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Cut off top third of pita pocket and place eggs in the pocket. Place pockets on sheet pans. Using a convection oven, bake at 350 F. for 5 minutes or until warm and pliable on high fan, closed vent.
- 5 Place about 1/2 cup egg mixture in each pocket. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 2, 3-1/4 pounds (1/2 No. 10 can) of canned diced tomatoes may be used per 100 portions. Drain before using.

VEGGIE EGG POCKET

Yield 100

Portion 1 Serving

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 319 cal | 45 g | 20 g | 6 g | 5 mg | 952 mg | 172 mg |

Ingredient**Weight****Measure****Issue**

MUSHROOMS,CANNED,SLICED,DRAINED

3-1/8 lbs

2 qts 1 cup

SQUASH,ZUCCHINI,FRESH,SHREDDED

3-1/4 lbs

2 qts 3-7/8 cup

3-3/8 lbs

CARROTS,FRESH,SHREDDED

4-7/8 lbs

1 gal 1 qts

6 lbs

FLOUR,WHEAT,GENERAL PURPOSE

11 oz

2-1/2 cup

EGG SUBSTITUTE,PASTEURIZED

22-1/8 lbs

2 gal 2 qts

SALT

5/8 oz

1 tbsp

SALAD DRESSING,RANCH,FAT FREE

6-1/3 lbs

3 qts

CHEESE,PARMESAN,GRATED

1 lbs

1 qts 1/2 cup

ONIONS,FRESH,CHOPPED

2-1/4 lbs

1 qts 2-3/8 cup

2-1/2 lbs

DILL WEED,DRIED

2/3 oz

1/4 cup 2-1/3 tbsp

PEPPER,WHITE,GROUND

1/4 oz

1 tbsp

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

BREAD,PITA,WHITE,8-INCH

10-1/2 lbs

50 each

Method

- 1 Combine mushrooms, carrots, and zucchini. Add flour; toss lightly to coat vegetables.
- 2 Place egg substitute, ranch dressing, cheese, onions, dillweed, salt and pepper in mixer bowl. Using a wire whip, blend at low speed 1 minute.
- 3 Add vegetable mixture; mix at low speed 1 minute or until blended.
- 4 Lightly spray each steam table pan with non-stick cooking spray. Pour 1 gallon of egg mixture in each lightly sprayed pan.
- 5 Using a convection oven, bake 45-55 minutes or until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Cut pita pockets in half. Fill each half with 3/4 cup egg mixture. Serve 1 half pocket. CCP: Hold at 140 F. higher for service.

MONTEREY EGG BAKE**Yield** 100**Portion** 6 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 181 cal | 14 g | 19 g | 6 g | 5 mg | 473 mg | 166 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|---|------------|------------------|-----------|
| COOKING SPRAY, NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN | 9-1/2 lbs | 1 gal 1-1/8 qts | |
| TOMATOES, CANNED, DICED, DRAINED | 4-1/8 lbs | 1 qts 3-1/2 cup | |
| CHEESE, CHEDDAR, LOWFAT, SHREDDED | 2-1/4 lbs | 2 qts 1 cup | |
| CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED | 2-1/4 lbs | 2 qts 1 cup | |
| PEPPERS, GREEN, FRESH, CHOPPED | 2 lbs | 1 qts 2 cup | 2-3/8 lbs |
| CORN, FROZEN, WHOLE KERNEL | 2 lbs | 1 qts 1-1/2 cup | |
| PEPPERS, CHILI, GREEN, CANNED, CHOPPED, DRAINED | 12-1/4 oz | 2-1/2 cup | |
| ONIONS, GREEN, FRESH, SLICED | 1-1/8 lbs | 1 qts 1-3/8 cup | 1-1/3 lbs |
| SALT | 1 oz | 1 tbsp | |
| PEPPER, WHITE, GROUND | 3/8 oz | 1 tbsp | |
| EGG SUBSTITUTE, PASTEURIZED | 22-1/8 lbs | 2 gal 2 qts | |
| WATER | 3 lbs | 1 qts 1-3/4 cup | |
| MILK, NONFAT, DRY | 3 oz | 1-1/4 cup | |

Method

- 1 Lightly spray each steam table pan with non-stick cooking spray.
- 2 Combine potatoes, tomatoes, cheddar cheese, monterey jack cheese, green pepper, corn, green chilies, green onions, salt, and pepper; mix well.
- 3 Place 2-1/4 quarts of potato mixture into each steam table pan.
- 4 Combine egg substitute, water and nonfat dry milk; blend until mixed.
- 5 Pour 1-3/4 quarts of egg mixture into each steam table pan; stir to combine.
- 6 Using a convection oven, bake at 325 F. for 55 to 65 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BREAKFAST PIZZA

Yield 100

Portion 1 Piece

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 346 cal | 44 g | 24 g | 7 g | 12 mg | 930 mg | 184 mg |

Ingredient**Weight****Measure****Issue**

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

DOUGH,PIZZA

16 lbs

SAUCE,TOMATO,CANNED

4-1/3 lbs

2 qts

BACON,TURKEY,RAW

3 lbs

EGG SUBSTITUTE,PASTEURIZED

15-1/2 lbs

1 gal 3 qts

SALT

1/4 oz

1/8 tsp

PEPPER,BLACK,GROUND

1/8 oz

1/8 tsp

CHEESE,CHEDDAR,LOWFAT,SHREDDED

6 lbs

1 gal 2 qts

POTATOES,WHITE,FROZEN,SHREDDED,HASHBROWN

5-1/2 lbs

2 qts 3-7/8 cup

Method

- 1 Lightly spray sheet pans with nonstick cooking spray.
- 2 Shape dough into 4-4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2 cups tomato sauce evenly over crust in each pan. Set aside for use in Step 7.
- 5 Cook bacon until lightly browned. Drain on absorbent paper. Finely chop.
- 6 Add salt and pepper to eggs. Blend well. Scramble eggs until just set. Do not over cook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 7 Distribute 1-1/2 quarts cheese over sauce on each crust.
- 8 Distribute 1-1/2 quarts scrambled eggs over cheese on each pan.
- 9 Distribute 1-1/4 cups bacon over eggs on each pan.
- 10 Distribute 1 quart shredded potatoes over bacon in each pan.
- 11 Using a convection oven, bake another 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 12 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

MEXICAN BREAKFAST PIZZA**Yield** 100**Portion** 1 Piece

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 364 cal | 50 g | 26 g | 6 g | 6 mg | 880 mg | 189 mg |

Ingredient**Weight****Measure****Issue**

COOKING SPRAY, NONSTICK

2 oz

1/4 cup 1/3 tbsp

DOUGH, PIZZA

16 lbs

SAUCE, SALSA

5-3/8 lbs

2 qts 2 cup

PEPPER, BLACK, GROUND

1/8 oz

1/8 tsp

SALT

1/4 oz

1/8 tsp

EGG SUBSTITUTE, PASTEURIZED

15-1/2 lbs

1 gal 3 qts

CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED

6 lbs

1 gal 2 qts

BEANS, BLACK, CANNED, DRAINED

5-1/3 lbs

2 qts 1-1/2 cup

POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN

5-1/2 lbs

2 qts 3-7/8 cup

Method

- 1 Lightly spray sheet pans with non-stick cooking spray.
- 2 Shape dough into four 4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2-1/2 cups salsa evenly over crust in each pan. Set aside for use in Step 6.
- 5 Add salt and pepper to eggs. Blend well. Scramble eggs until just set. Do not over cook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 6 Distribute 1-1/2 qt cheese over sauce on each crust.
- 7 Distribute 1-1/2 qt scrambled eggs over cheese on each pan.
- 8 Distribute 2-1/3 cup beans over eggs on each pan.
- 9 Distribute 1 quart shredded potatoes over beans in each pan.
- 10 Bake 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 11 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

ITALIAN BREAKFAST PIZZA

Yield 100

Portion 1 Piece

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 388 cal | 45 g | 27 g | 10 g | 24 mg | 798 mg | 281 mg |

Ingredient**Weight****Measure****Issue**

| | | | |
|--|------------|------------------|--|
| COOKING SPRAY,NONSTICK | 2 oz | 1/4 cup 1/3 tbsp | |
| DOUGH,PIZZA | 16 lbs | | |
| SAUCE,PIZZA,CANNED | 4-7/8 lbs | 2 qts | |
| SAUSAGE LINK,TURKEY,RAW | 3-1/4 lbs | | |
| EGG SUBSTITUTE,PASTEURIZED | 15-1/2 lbs | 1 gal 3 qts | |
| BASIL,SWEET,WHOLE,CRUSHED | 1/8 oz | 1/3 tsp | |
| PEPPER,BLACK,GROUND | 1/8 oz | 1/8 tsp | |
| SALT | 1/4 oz | 1/8 tsp | |
| OREGANO,CRUSHED | 1/8 oz | 1/3 tsp | |
| CHEESE,MOZZARELLA,PART SKIM,SHREDDED | 6 lbs | 1 gal 2 qts | |
| POTATOES,WHITE,FROZEN,SHREDDED,HASHBROWN | 5-1/2 lbs | 2 qts 3-7/8 cup | |

Method

- 1 Lightly spray sheet pans with nonstick cooking spray.
- 2 Shape dough into four 4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2 cups pizza sauce evenly over crust in each pan. Set aside for use in Step 7.
- 5 Cook sausage until lightly browned. Drain on absorbent paper. Finely chop.
- 6 Add salt, pepper, oregano and basil to eggs. Blend well. Scramble eggs until just set. Do not overcook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 7 Distribute 1-1/2 quart cheese over pizza sauce on each crust.
- 8 Distribute 1-1/2 quart scrambled eggs over cheese on each pan.
- 9 Distribute 1-3/4 cups sausage over scrambled eggs on each pan.
- 10 Distribute 1 quart shredded potatoes over sausage in each pan.
- 11 Using a convection oven, bake 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 12 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.