

# BAGEL AND CHOICE OF YOGURT

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 bagel and 1

yogurt

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bagel, Whole Wheat, Sliced, #130	100 bagel(s)
Yogurt, Raspberry, #554	50 container(s)
Yogurt, Strawberry Banana, #553	50 container(s)

**DIRECTIONS**

1. Thaw product according to case or package directions.
2. Place on refrigerated line for service.
3. Portion 1 bagel and 1 4-ounce cup of yogurt per serving. Each portion provides 1 oz. eq. meat/meat alternate and 2 oz. eq. whole grains.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

**NUTRIENTS PER SERVING**

Calories	263	Dietary Fiber	3.30 g	Sodium	222.00 mg	Sat. Fat	0.56 g
Carbohydrates	53.50 g	Protein	8.90 g	Total Fat	1.11 g	Trans Fat	0.00 g

# BACON, EGG AND CHEESE BISCUIT

**MEAL COMPONENT CONTRIBUTION:**

1 1/2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 biscuit sandwich

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Biscuit, WGR, 2 oz. eq., #135	100 biscuit(s)-2 grain
Egg Pattie, Scrambled, Frozen, #116	100 pattie(s)
Cheese, American Process, Sliced, #39	100 slice(s), 1/2 ounce slices
Bacon, Sliced, Precooked, #121	200 slice(s)

**DIRECTIONS**

1. Cook biscuits according to package directions. Heat egg patties and bacon separately, according to package directions.
2. Slice cooked biscuits.
3. Layer each sliced biscuit with 1 ounce of cheese, 2 slices cooked bacon, and 1 cooked egg pattie.
4. Wrap each biscuit sandwich individually. Serve immediately or place in warmer until ready for service.
5. Portion 1 biscuit sandwich per serving. Each portion provides 1 1/2 oz. eq. meat/meat alternate and 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	323	Dietary Fiber	2.97 g	Sodium	888.51 mg	Sat. Fat	9.85 g
Carbohydrates	23.99 g	Protein	12.50 g	Total Fat	19.60 g	Trans Fat	0.00 g

# BREAKFAST BURRITO (PURCHASED)

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 3/4 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 burrito

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Breakfast Burrito, WGR, #23	100 burrito(s)

**DIRECTIONS**

1. Thaw and prepare burritos according to package or case directions.
2. Place on line for service.
3. Portion 1 burrito per serving. Each portion 1 oz. eq. meat/meat alternate and 1 3/4 oz. eq. whole grains  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers

**NUTRIENTS PER SERVING**

Calories	214	Dietary Fiber	3.07 g	Sodium	298.62 mg	Sat. Fat	2.46 g
Carbohydrates	30.63 g	Protein	8.07 g	Total Fat	7.28 g	Trans Fat	0.00 g

# BREAKFAST SAUSAGE PIZZA

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 1/2 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 slice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pizza, Breakfast, Sausage, #128	100 slice(s)

**DIRECTIONS**

1. Thaw and prepare breakfast pizza according to package and/or case directions.
2. Place on line for service.
3. Portion 1 breakfast pizza per serving. Each portion provides 1 oz. eq. meat/meat alternate and 1 1/2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**NUTRIENTS PER SERVING**

Calories	210	Dietary Fiber	3.00 g	Sodium	480.00 mg	Sat. Fat	2.00 g
Carbohydrates	27.00 g	Protein	10.00 g	Total Fat	8.00 g	Trans Fat	0.00 g

# CHICKEN PATTY AND BISCUIT

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 2 1/4 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 biscuit and 1

chicken patty

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Patty, Breakfast, Breaded, #122	100 pattie(s)
Biscuit, WGR, 2 oz. eq., #135	100 biscuit(s)-2 grain

**DIRECTIONS**

- Thaw and heat products according to directions on case and/or package.  
 CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of cooking process.
- Place on line for service.
- Serve 1 chicken patty and 1 biscuit for 1 oz. eq. meat/meat alternate and 2 1/4 oz. eq. whole grains.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**NUTRIENTS PER SERVING**

Calories	259	Dietary Fiber	4.27 g	Sodium	605.00 mg	Sat. Fat	5.80 g
Carbohydrates	29.50 g	Protein	10.00 g	Total Fat	11.40 g	Trans Fat	0.00 g

# YOGURTS AND MUFFINS



MEAT/MEAT ALTERNATE : WHOLE GRAINS

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 muffin and 1

yogurt

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffins, Assorted	100 muffin(s)
Yogurt, Raspberry, #554	50 container(s), 4 ounce
Yogurt, Strawberry Banana, #553	50 container(s), 4 ounce

**DIRECTIONS**

1. Thaw muffins according to directions on package and/or case.
2. Place an assortment of muffins on line for service.
3. Place choice of yogurts on refrigerated line for service.
4. Portion 1 muffin and 1 yogurt per serving. Each portion provides 1 oz. eq. whole grain and 1 oz. eq. meat/meat alternate.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

**NUTRIENTS PER SERVING**

Calories	274	Dietary Fiber	1.75 g	Sodium	124.00 mg	Sat. Fat	0.97 g
Carbohydrates	39.77 g	Protein	5.38 g	Total Fat	3.75 g	Trans Fat	0.00 g

# SAUSAGE AND BISCUIT (2 OZ. EQ.)

**MEAL COMPONENT CONTRIBUTION:**

3/4 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 sausage and 1 biscuit

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sausage Patty, Fully Cooked, #125	100 pattie(s), (3/4 oz. eq. meat/meat alternate)
Biscuit, WGR, 2 oz. eq., #135	100 biscuit(s)-2 grain

**DIRECTIONS**

1. Thaw and prepare products according to directions on package and/or case.
2. Place on heated line for service.
3. Portion 1 biscuit and 1 sausage patty per serving. Each portion provides 3/4 oz. eq. meat/meat alternate and 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	280	Dietary Fiber	2.97 g	Sodium	740.00 mg	Sat. Fat	9.50 g
Carbohydrates	23.00 g	Protein	11.00 g	Total Fat	17.00 g	Trans Fat	0.00 g

# SAUSAGE AND BISCUIT (1 OZ. EQ.)

**MEAL COMPONENT CONTRIBUTION:**

1/4 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 biscuit and 1

sausage

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sausage Patty, Fully Cooked, #124	100 pattie(s), (1/4 oz eq. meat/meat alternate)
Biscuit, WGR, 1 oz. eq., #567	100 biscuit(s)-1 grain

**DIRECTIONS**

1. Prepare sausages and biscuits according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 biscuit and 1 sausage per serving. Each portion provides 1/4 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	170	Dietary Fiber	1.71 g	Sodium	390.00 mg	Sat. Fat	4.50 g
Carbohydrates	15.00 g	Protein	8.00 g	Total Fat	9.50 g	Trans Fat	0.00 g



# SAUSAGE & PANCAKE ON A STICK

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 stick

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Sausage Pancake on a Stick, #127	100 breakfast stick(s)

**DIRECTIONS**

1. Prepare product according to directions on package and/or case.
2. Place on heated line for service.
3. Portion 1 sausage pancake on a stick per serving. Each portion provides 1 oz. eq. meat/meat alternate and 1 1/4 oz.. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	220	Dietary Fiber	2.00 g	Sodium	460.00 mg	Sat. Fat	3.50 g
Carbohydrates	22.00 g	Protein	6.00 g	Total Fat	13.00 g	Trans Fat	0.00 g

# YOGURT PARFAIT (BRIGGS)

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup fruit

**NUMBER OF PORTIONS:** 16 **SIZE OF PORTION:** 1 parfait

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #239	8 cup(s), slices
Yogurt, Vanilla, Low Fat, Bulk, #560	8 cup(s)
Granola Low Fat, Bulk, WGR, #555	16 ounce(s)

**DIRECTIONS**

1. Drain fruit.  
Using a #8 scoop or a 4 ounce spoodle, place 1/2 cup chilled peaches in the bottom of clear parfait cup.
2. Using a #8 scoop, place 1/2 cup of yogurt on top of peaches in the cup.
3. Using a #16 scoop or a 2 ounce spoodle, top the parfait with 1/4 cup granola and cover the cup with a lid.
4. Refrigerate until ready for service.  
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes.
5. Place on refrigerated line for service.
6. Portion 1 parfait per serving. Each portion provides 1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain and 1/2 cup fruit.  
CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Other fruits from Matrix Fruit Group B (50-74 calories) may be substituted for the canned peaches. If another fruit is used, the nutritional analysis will need to be re-calculated.

**NUTRIENTS PER SERVING**

Calories	288	Dietary Fiber	3.59 g	Sodium	106.80 mg	Sat. Fat	1.05 g
Carbohydrates	63.63 g	Protein	6.94 g	Total Fat	2.10 g	Trans Fat	0.00 g

# YOGURT PARFAIT (CRUMBLY)

## MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup of fruit

**NUMBER OF PORTIONS:** 16 **SIZE OF PORTION:** 1 parfait

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #239	8 cup(s), slices
Yogurt, Vanilla, Low Fat, Bulk, #560	8 cup(s)
Granola Low Fat, Bulk, WGR, #555	16 ounce(s)

## DIRECTIONS

1. Drain fruit. Using a #8 scoop or a 4 ounce spoodle, place 1/2 cup chilled peaches in the bottom of clear parfait cup.
2. Using a #8 scoop, place 1/2 cup of vanilla flavored yogurt on top of peaches in the cup.
3. Using a #16 scoop or a 2 ounce spoodle, top the parfait with 1/4 cup granola and cover the cup with a lid.
4. Refrigerate until ready for service.

CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes.

5. Place on refrigerated line for service.
6. Portion 1 parfait per serving. Each portion provides 1 oz. eq. of meat/meat alternate, 1 oz. eq. whole grain and 1/2 cup fruit.

CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

## PRODUCTION NOTES

Other fruits from Matrix Fruit Group B (50-74 calories) may be substituted for the canned peaches. If another fruit is used, the nutritional analysis will need to be re-calculated.

## NUTRIENTS PER SERVING

Calories	288	Dietary Fiber	3.10 g	Sodium	79.91 mg	Sat. Fat	0.81 g
Carbohydrates	61.18 g	Protein	6.94 g	Total Fat	3.08 g	Trans Fat	0.00 g

# BREAKFAST SMOOTHIE

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1/2 cup fruit juice, 1 cup of milk

**NUMBER OF PORTIONS:** 10 **SIZE OF PORTION:** 18 ounces

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : FRUITS : MILK

INGREDIENT	MEASURE (FOR 10 SERVINGS)
Milk, White, Fat Free (Skim) 1/2 pint, #7	2 1/2 quart(s)
Yogurt, Vanilla, Low Fat, Bulk, #560	1 1/4 quart(s)
Strawberries, Frozen, Sweetened, Sliced, #87	7 1/2 cup(s)

**DIRECTIONS**

- Place all ingredients in blender.
- Pulse until smooth.
- Measure 18 ounces of smoothie. Pour 18 ounces of smoothie into appropriate sized cups. Refrigerate until ready for service.  
 CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion 18 ounces per serving. Each portion provides 1 oz. eq. meat/meat alternate, 1/2 cup fruit juice, and 1 cup of milk.  
 CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Vanilla or strawberry fat free milk can be used; however, the nutritional analysis will need to be re-calculated.

Other types of fruit (such as banana, frozen or fresh blueberries, kiwifruit, canned mandarin oranges, fresh melon, fresh, canned or frozen peaches) may be used, but use frozen fruit for best results.

If frozen fruit is not used, add ice to increase volume and creaminess if needed. Adding about 1/4 cup ice per serving will increase the volume by 2 ounces for a total volume of 20 ounces. Check fruit crediting list in the USDA FNS Food Buying Guide for Child Nutrition Programs to make substitutions. If a different type of fruit is used, the nutrition analysis will need to be re-calculated.

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	387	Dietary Fiber	3.65 g	Sodium	199.74 mg	Sat. Fat	0.58 g
Carbohydrates	84.67 g	Protein	12.95 g	Total Fat	1.09 g	Trans Fat	0.00 g

# BAGEL WITH SAUSAGE AND GRAVY

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 bagel

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bagel, Breakfast, #129	100 bagel(s)

**DIRECTIONS**

1. Thaw product under refrigeration.
2. Prepare according to directions on case or package.
3. Place on line for service.  
Portion 1 bagel per serving. Each portion provides 1 oz. eq. meat/meat alternate and 1 1/4 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers

**NUTRIENTS PER SERVING**

Calories	169	Dietary Fiber	2.00 g	Sodium	335.00 mg	Sat. Fat	1.90 g
Carbohydrates	21.80 g	Protein	8.40 g	Total Fat	5.40 g	Trans Fat	0.00 g