

Breakfast Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-11470
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	2 7/13 Ounce	From frozen state fry at 360 degrees until it reaches 165 degrees.	265632
EGG SCRMBD CKD FZ	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
BACON CKD THN SLCD	2 Slice	Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.	874124

Preparation Instructions

Bacon-

Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.

Potato round coins-

From frozen state fry at 360 degrees until it reaches 165 degrees.

Scrambled Egg-

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

CCP: Heat to 165° F or higher for at least 15 seconds.
CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		280.60	
Fat		17.42g	
SaturatedFat		5.52g	
Trans Fat*		0.02g	
Cholesterol		196.67mg	
Sodium		706.47mg	
Carbohydrates		18.93g	
Fiber		1.69g	
Sugar		0.85g	
Protein		10.56g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.31mg	Iron	0.73mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available	
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