

Brunch for Lunch Bowl (elem)

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35966
School:	CUSTER BAKER INTERMEDIATE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	192330
SAUSAGE TKY LNK BKFST CKD	1 Each	1 link = 1 oz meat This is a raw product. This product is NOT ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
FRENCH TST STIX WGRAIN	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021
SYRUP PANCK CUP	1 Each	BAKE	160090

Preparation Instructions

1. Scramble eggs according to directions.

CCP: Hold at 135F or above for service.

2. Bake french toast sticks and sausage links.

3. Assemble scrambled eggs, french toast sticks, and sausage links in a boat and serve with a syrup cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	530.00		
Fat	18.00g		
Saturated Fat	4.00g		
Trans Fat	0.00g		
Cholesterol	230.00mg		
Sodium	660.00mg		
Carbohydrates	74.00g		
Fiber	2.00g		
Total Sugar	36.00g		
Added Sugar	36.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	59.60mg	Iron	1.06mg

Nutrition - Per 100g

No 100g Conversion Available