

# Breakfast Bowl

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO ROUNDS COIN	1/2 Cup	From frozen state fry at 360 degrees until it reaches 165 degrees.	265632
EGG SCRMBD CKD FZ	2 Ounce	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. <b>CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes</b>	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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	165.00
<b>Fat</b>	11.30g
<b>Saturated Fat</b>	3.82g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	196.67mg
<b>Sodium</b>	482.07mg
<b>Carbohydrates</b>	5.33g
<b>Fiber</b>	0.33g
<b>Total Sugar</b>	0.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	9.20g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.83mg	<b>Iron</b> 0.24mg

## Nutrition - Per 100g

No 100g Conversion Available