

Breakfast Bowl Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41510
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	1 Slice	Standard Prep: Place bacon on sheet pan and heat at 350 degrees 7-9 minutes in a convection oven.	874124
PORK CRMBL CKD 45/Z W/TVP 2-5# BURK	1 Ounce	BAKE Fully cooked products; use frozen or thawed. Simply open a bag, measure or weigh only the amount you need, and add to your recipes without waste. If using a microwave, do not overheat.	461830
Peppered Gravy	1 Serving	SLOWLY ADD 24 OZ. DRY MIX TO 1 GALLON HOT WATER (180-200 F) WHILE MIXING WITH A WIRE WHIP. MIX WELL UNTIL SMOOTH. COVER AND LET STAND 10 MINUTES. REMOVE COVER, MIX WELL AND SERVE. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher. 2 ounce spoodle	R-8888
Shredded Cheese	1 Serving	Ready to serve. Another option- 150250 CCP: Hold for cold service at 41° F or lower.	R-9246

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

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Meat/Meat Alternate	3.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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Amount Per Serving	
Calories	679.07
Fat	45.64g
Saturated Fat	18.68g
Trans Fat	0.03g
Cholesterol	259.33mg
Sodium	2109.53mg
Carbohydrates	31.71g
Fiber	6.69g
Total Sugar	5.31g
Added Sugar	2.00g
Protein	32.73g
Vitamin A 200.00mcg	Vitamin C 0.54mg
Calcium 133.31mg	Iron 3.25mg

Nutrition - Per 100g

No 100g Conversion Available
