

# Breakfast Bowl Bar



|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast                 | <b>Recipe ID:</b>     | R-41510          |
| <b>School:</b>       | 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      | <b>BAKE</b><br>Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes.<br><b>CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes</b><br><b>CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes</b> | 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      | <b>BAKE</b><br>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    | <b>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:</b><br>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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 3.000 |
| <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 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available