

Scrambled Eggs & Whole Grain Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 set	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10796

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER PRINT UNSLTD GRD AA	1 Teaspoon		299405
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
EGG SCRMBD IQF	1/2 Cup		148163

Preparation Instructions

Scrambled Eggs - Prepare as stated on package.

CCP: Heat eggs to 165 degrees F or higher for 15 seconds.

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Take 6oz paper boat and scoop 1/2 cup of eggs.

Serve toast on the side or with scrambled eggs.

CCP: Hold eggs and toast for hot service at 135 dregrees F or higher.

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There are a couple of ways to make Toast.

If you are making the Toast the same morning you are serving your Toast:

1. Preheat oven to 350F
2. Melt butter. Either in the microwave or in a saucepan on stove-top
3. Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.
4. Use a brush and brush the melted butter on each slice of bread.
5. Bake for 5-6 minutes, until toast is golden brown.
6. Serve immediately

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If you are prepping the Toast ahead of time:

It is easiest if the bread is frozen and the butter is soft, not melted (pull the butter out of the fridge over night and pull it first thing in the morning)

1. Line a tray with a piece of parchment. Fill the tray with slices of bread, single layer.
2. Using a small rubber spatula, spread the soft butter over the frozen pieces of bread.
3. Place a piece of parchment over buttered bread. (you can stack several trays)
4. Wrap your completed trays with a tray cover and place in the freezer.

When you need a tray of Toast:

1. Preheat oven to 350F
2. Bake for 5-6 minutes, until toast is golden brown.
3. Serve immediately

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Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	3.250
Grain	1.000
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 set

Amount Per Serving	
Calories	172.12
Fat	12.79g
Saturated Fat	5.36g
Trans Fat	0.00g
Cholesterol	388.79mg
Sodium	261.67mg
Carbohydrates	2.00g
Fiber	0.06g
Total Sugar	0.06g
Added Sugar	0.06g
Protein	12.21g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 61.00mg	Iron 1.55mg

Nutrition - Per 100g

Calories	3646.64
Fat	270.93g
Saturated Fat	113.64g
Trans Fat	0.00g
Cholesterol	8237.03mg
Sodium	5543.79mg
Carbohydrates	42.37g
Fiber	1.28g
Total Sugar	1.28g
Added Sugar	1.28g
Protein	258.73g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1292.37mg	Iron 32.74mg