

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45195
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	3 Ounce	Use 1/2 cup (4 fl. oz. scoop)	533034
TORTILLA FLOUR 6IN	1 Each	***Non-Whole Grain***	713320

Preparation Instructions

Start with cooking eggs in steamer , temp at 135°F . Take a # 8 scoop of eggs, placing them in the center of a tortilla . Fold and place into a foil wrapper . Then hold in warmer and serve.

Updated 6.18.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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 Each

Amount Per Serving	
Calories	260.00
Fat	15.50g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	255.00mg
Sodium	580.00mg
Carbohydrates	15.50g
Fiber	0.00g
Total Sugar	2.50g
Added Sugar	1.00g
Protein	14.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 112.00mg	Iron 2.08mg

Nutrition - Per 100g

Calories	305.70
Fat	18.22g
Saturated Fat	6.47g
Trans Fat	0.00g
Cholesterol	299.82mg
Sodium	681.95mg
Carbohydrates	18.22g
Fiber	0.00g
Total Sugar	2.94g
Added Sugar	1.18g
Protein	16.46g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 131.69mg	Iron 2.45mg