

Monte Cristo Biscuit Sandwich

Breakfast

HACCP: Process 2

Healthier Kansas Recipe B-143

Adapted by KSDE from
K-12 Meal Makers, Pillsbury

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (HKM 120) OR Purchased Whole Wheat Biscuit weighing at least 2 oz		100 each			<ol style="list-style-type: none"> 1. Prepare angel biscuits according to recipe or slice and warm pre-made whole wheat biscuits. 2. Slice turkey into 1 oz slices. 3. Open biscuit and fill with two slices of ham and one slice of cheese. 4. Spread 1 tsp of strawberry jam across inside top of biscuit. 5. Heat in a 350° F convection oven for 5-7 minutes or until 135° F internal temperature is reached, cheese is melted and biscuit top is toasted. 6. Dust with powdered sugar and serve warm.
Turkey breast, reduced sodium, sliced	6 lb 4 oz	100 – (1oz slices)			
Cheese, white cheddar or provolone, sliced	3 lb 2 oz	100-½ oz slices			
Jam, strawberry		2 cups + 1 Tbsp + 1 tsp			
Powdered sugar		Dusting			

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent grains; 1 oz equivalent M/MA	100 sandwiches

Nutrients Per Serving

Calories	284	Vitamin A	11.8 IU	Iron	1.9 mg
Protein	11.9 gm	Vitamin C	3.1 mg	Calcium	54.4 mg
Carbohydrate	35.6 gm	Fiber	3 gm	Cholesterol	24 mg
Fat	11.2 gm	% Fat	%	Sodium	525 mg
Saturated Fat	4.3 gm	% Saturated Fat	%		

Kansas Granola Bar

Breakfast

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 13
KSDE, Child Nutrition & Wellness

Ingredients	96 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, old fashioned Baking Powder Salt Cinnamon, ground Cranberries, dried, unsweetened	6 lb 2 lb 8 oz	 ½ cup 1 Tbsp ½ cup			1. Preheat oven: <ul style="list-style-type: none"> • Convection - 325° F • Conventional - 350° F 2. Combine oats, baking powder, salt, cinnamon, and cranberries in a bowl. Make a well in the center.
Eggs, large Bananas, ripe, AP Applesauce, unsweetened, canned Milk, low fat or skim Maple Syrup Brown sugar, unpacked Vanilla Pan Release Spray	4 lb 12 oz 1 lb 3 oz 4 lb 2 lb As needed	16 eggs 2 cups 64 fl oz ½ cup ½ cup			

Serving Size	1 Serving Provides	Yield
1 granola bar	1.75 oz equivalent grains + 0.25 cup fruit + 0.25 oz equivalent M/MA	96 bars

Nutrients Per Serving

Calories	235	Vitamin A	65.73 IU	Iron	1.75 mg
Protein	6.57 gm	Vitamin C	2.05 mg	Calcium	127.7 mg
Carbohydrate	44.7 gm	Fiber	4.23 gm	Cholesterol	31.38 mg
Fat	2.7 gm	% Fat	10.34%	Sodium	220.1 mg
Saturated Fat	0.62 gm	% Saturated Fat	2.36%		

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-1
Adapted from: USDA Recipe (Vegetables I-07)

RECIPE NAME: Baked Sweet Potatoes and Apples

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: ½ cup	
Serving Utensil: ½ cup spoodle	
Servings Per Pan: 25	

Ingredients:	Weight	Measure	Procedure:
Canned, cut sweet potatoes, USDA Foods 100317, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 3 lbs 13 oz (2 qt ¾ cup) sweet potatoes into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. 2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan. 3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle ¾ cup sugar mixture over apples in each pan. 5. Dot each pan with 1/3 cup butter, and sprinkle remaining sugar. 6. Add ¾ cup water to each pan. 7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 13-20 minutes CCP: Heat to 140° F or higher. CCP: Hold at 135° F or higher for hot service.
Canned unsweetened sliced apples solid packed, USDA Foods 100206, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	
Brown sugar, drained	5 ¾ oz	¾ cup	
Ground cinnamon		1 tsp	
Ground nutmeg (optional)		1 tsp	
Butter	2 ½ oz	1/3 cup	
Water		¾ cup	

Total Yield	Number of Pans: 1	Equipment (if not specified in procedures above):
Weight: 7 lb 15 oz	Pan Size: 12" x 20" x 2 ½"	
Measure (volume):		

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 156
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.56
			¼ cup			Sodium (mg): 58
Fruits	¼ cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

RECIPE NAME: Breakfast Sandwich

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 1	
Portion Size: 1 sandwich	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
English Muffin, whole grain, toasted	2 oz	1 muffin	1. Heat omelet as follows: If thawed, heat at 325° F for 10-12 minutes. If frozen, heat at 325° F for 20-25 minutes. CCP: Heat to 135° F or higher. 2. Place omelet between warm English muffin halves for service. CCP: Hold for hot service at 135° F or higher. 3. Individually wrap sandwiches in foil for Grab & Go service.
Cheese Omelet, WI Processed C811, Cargill, Commercial Eq. Code: 40176	2.1 oz	1 omelet	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 245
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.22
						Sodium (mg): 452
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other