

SUCCESS STORIES



Creating Egg-centric Recipes, One Crack at a Time

Lakeside Union School District

Recipe: 000508 Egg and Toast Cup

Recipe HACCP Process: #2 Same Day Service

Recipe Source:

Recipe Group: BREAKFAST

Alternate Recipe Name:

Number of Portions: 64

Size of Portion: Servings

902488 Bread, white whole wheat Loaf, S&S.....	64 (1 slice)	Spray muffin tins with pan spray. Place 1/2 oz. slice of cheese on top of bread slice. Fold bread so that four corners are shaped into muffin tin.
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW.....	1 QT + 1 CUP	Combine eggs, milk, hot sauce, salt, onion powder, garlic powder and white pepper. Pour 1 ounce of liquid into each cup.
902373 MILK, WHITE, REDUCED FAT.....	20 FL OZ	
006168 SAUCE, RTS, PEPPER OR HOT.....	1 1/4 TSP	
002047 SALT, TABLE.....	1/2 TSP	
002026 ONION POWDER.....	1/4 TSP	
002020 GARLIC POWDER.....	1/4 TSP	
002032 PEPPER, WHITE.....	1/8 TSP, ground	
900002 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES...	4 LB	
		Top each cup with 1 Tbsp. shredded cheese. Bake at 325 degrees for 15 minutes.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	205 kcal	Cholesterol	90.14 mg	Sugars	*0.00* g	Calcium	335.68 mg	31.12%	Calories from Total Fat
Total Fat	7.08 g	Sodium	629.38 mg	Protein	14.82 g	Iron	1.06 mg	17.83%	Calories from Saturated Fat
Saturated Fat	4.06 g	Carbohydrates	22.16 g	Vitamin A	1008.67 IU	Water ¹	*0.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.00 g	Vitamin C	0.82 mg	Ash ¹	*0.05* g	43.26%	Calories from Carbohydrates
								28.94%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.750 oz				? - Milk
Grain.....	1.000 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	902373	MILK, WHITE, REDUCED FAT			
I	006168	SAUCE, RTS, PEPPER OR HOT			
I	002047	SALT, TABLE			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	002032	PEPPER, WHITE			
I	900002	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	902488	Bread, white whole wheat Loaf, S&S			

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