

Breakfast Taco

Component: Meat/Meat Alternate-Grain

Recipe Category: Breakfast

Recipe #J-02

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasteurized frozen whole eggs, thawed	5 lb	2 qt 1 ½ cups			<p>1. Blend eggs, corn (not for CDC), milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.</p> <p>2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid.</p> <p>Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes.</p> <p>CCP: Heat to 145° F or higher for 3 minutes.</p> <p>3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan)</p> <p>4. Place one portion in center of each tortilla. Fold tortilla in half.</p> <p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>May serve each taco with 1 Tbsp (1 oz) of salsa.</p>
OR		OR			
Pasteurized fresh eggs, large		45 each			
Frozen whole-kernel corn (not for CDCs & optional for older children)	1 lb	2 ¾ cups			
Low-fat 1% milk		¾ cup			
*Fresh green peppers, diced, ¼"	8 oz	1 ½ cups 2 Tbsp			
OR	OR	OR			
Frozen green peppers, diced, ¼"	14 oz	2 ½ cups			
*Fresh onions, diced, ¼"	14 oz	2 ⅓ cups			
OR	OR	OR			
Dehydrated onions	2 ½ oz	1 ¼ cups			
Fresh tomatoes, diced, ¼" (optional)	2 oz	¼ cup 1 Tbsp			
Prepared yellow mustard	2 oz	¼ cup			
Granulated garlic (opt)		2 tsp			
Hot pepper sauce		1 tsp			
Salt		½ tsp			
Reduced fat cheddar cheese, shredded	10 oz	2 ½ cups			
WGR tortillas, 6-inch		50 each			
Salsa (optional)	3 lb 5 oz	1 qt 2 ¼ cups (½ No. 10 can)			

Breakfast Burrito

Component: Meat/Meat Alternate-Vegetable-Grain

Recipe Category: Breakfast

Recipe #J-02

Notes:

1) For best results, cook egg filling in a steamer

Serving: 1 taco provides 2 oz equivalent meat/meat alternate, 1 serving of grains/breads.

1-2: 1 taco

3-5: 1 taco

6-18: 1 taco

Nutrients Per Serving

Calories	209.45	Saturated Fat	2.97 g	Iron	1.32 mg
Protein	10.85 g	Cholesterol	172.38 mg	Calcium	123.41 mg
Carbohydrate	23.71 g	Vitamin A	76.23 RAE mcg	Sodium	252.18 mg
Total Fat	7.88 g	Vitamin C	4.87 mg	Dietary Fiber	2.88 mg