

English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR English muffins, 2 oz		48 each			<p>1. Cut the English muffins in half and lightly toast the halves in the oven.</p> <p>2. Spread 1 Tbsp of sauce on top of each muffin half and top with ¼ tsp of Parmesan cheese.</p> <p>3. Add optional vegetables by evenly distributing on top of the muffin halves.</p> <p>4. Add 2 Tbsp of mozzarella cheese to each muffin half.</p> <p>5. Toast in oven until cheese melts.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Marinara sauce OR Pizza sauce from recipe		6 cups OR 48 servings from recipe			
*Parmesan cheese, grated		½ cup			
*Mozzarella cheese, reduced fat, shredded	3 lbs	12 cups			
Diced bell peppers (optional)		3 cups			
Sliced mushrooms (optional)		3 cups			
Diced onion (optional)		3 cups			
Sliced olives (optional)		3 cups			

Notes:

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Nutrients calculated using Food Processor for 2 English muffin pizzas from 2 English muffin halves.
Note: 1 cup marinara sauce = 4 servings from recipe.

Serving: 2 English muffin pizzas from 2 muffin halves.

1-2 years: 1 pizza

3-5 years: 1 pizza

6-18 years: 2 pizzas

Nutrients Per Serving (2 halves)

Calories	236	Saturated Fat	2.64 g	Iron	1.65 mg
Protein	14.78 g	Cholesterol	15.72 mg	Calcium	267.83 mg
Carbohydrate	30.32 g	Vitamin A-RAE	10.00 RAE mcg	Sodium	491.96 mg
Total Fat	6.87 g	Vitamin C	4.71 mg	Dietary Fiber	4.55 g (2016 = 0.55 g)