

Ham and Cheese Strata

Number of Portions: 100

Portion Size: Grades K-12: 1 portion

INGREDIENTS:

K-12
Quantities:

Bread, whole grain-rich		100 Slices (1oz)
Ham 		4 lbs.
Onions, frozen, diced		4 ¼ lbs.
Eggs, frozen 		10 ½ cups
1% Milk		6 cups
Onion Powder		¼ cup
Garlic Powder		¼ cup
Mozzarella Cheese 		3 ⅞ lbs.
Cheddar Cheese		1 ⅝ lbs.
Salsa, low sodium 		12 ½ cups

 = Available through USDA Foods



50 CHEF DESIGNED SCHOOL BREAKFAST

DIRECTIONS:

Preheat convection oven to 325 ° F.

PREPARE INGREDIENTS:

Dice ham. Thaw onions and drain. Cut bread into small squares. Shred cheese.

PREPARE STRATA AND PARTIALLY BAKE:

For each 100 servings, line four deep steam table pans with parchment paper and spray well with cooking spray. Spread 25 diced slices of bread evenly on the bottom of each pan. Divide ham into 1 pound portions and onions into 1.06 pound portions. Top each pan of bread evenly with 1 pound of ham and 1.06 pounds of onions.

In a mixer, using the whisk attachment, combine eggs, milk, onion powder, and garlic powder. Divide egg mixture evenly into 4-cup portions; pour respective portion into each pan. Let it stand for

30 minutes in the refrigerator. Spray foil with cooking spray and cover strata. Cook covered strata for 30 minutes.

PREPARE CHEESE MIXTURE:

Toss cheddar and mozzarella cheeses together. Divide cheese evenly into four portions.

TOP WITH CHEESE AND FINISH BAKING:

Remove from the oven and take off foil. Top each strata with cheese. Continue baking strata for 7-10 more minutes. Let stand for 5 minutes before cutting. Cut each pan into 25 portions (5x5). Serve with 2 tablespoons of salsa.

Estimated
Food Cost:

18¢



CALORIES
217

SATURATED
FAT
4.52g

SODIUM
500.53mg

Chef Brenda's Tips

-  For the best flavor profile, this recipe should be served with salsa.
-  This strata is similar to a savory bread pudding.
-  The strata can be prepared a day prior. Pre-package and reheat for Grab-'n-Go or Breakfast in the Classroom.

GRADES K-12		
RECIPE CONTRIBUTIONS:	Grains Contribution	3.25 oz eq
	<i>Grains Total</i>	1.0 oz eq
	WGR bread	1.0 oz eq
	<i>Meats/MA Total</i>	2.25 oz eq
	Ham	0.5 oz eq
	Eggs	1.0 oz eq
	Mozzarella Cheese	0.5 oz eq
	Cheddar Cheese	0.25 oz eq
	Fruits/Vegetable Contribution	1/8 cup
	<i>Vegetable Total</i>	0.125 cup
Salsa	0.125 cup	



USDA FOODS

USDA FOODS: HEALTHY CHOICES. AMERICAN GROWN.

Source: USDA Foods: Healthy Choices for Our Schools Fact Sheet

SERVING UP NUTRITIOUS OPTIONS

The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat.



FRUITS AND VEGETABLES:

Over \$430 million in canned, fresh, frozen, and dried fruits and vegetables was purchased for schools through the USDA Foods program and the Department of Defense Fresh Fruit and Vegetable Program in Fiscal Year 2014.

WHOLE GRAINS:

USDA offers many whole grain options including quick cooking brown rice, rolled oats, whole grain dry kernel corn, whole wheat flour, and whole grain pancakes, pastas, and tortillas.

SUGAR:

USDA canned fruits are packed in extra light sucrose syrup or slightly sweetened fruit juice, and all applesauce is unsweetened.

FAT:

Low-fat meats and lean poultry products, as well as fat-free potato wedges, are available to schools. Shortening and butter were eliminated long ago from school purchasing options.

SODIUM:

USDA has reduced the sodium in all of the canned beans and vegetables in the USDA Foods program. Frozen vegetables with no added salt are also available. Both of these specifications greatly exceed the Food and Drug Administration's "healthy" labeling standard for sodium (less than 480mg per serving). These specifications are in line with the Dietary Guidelines for Americans recommendation to reduce sodium intake.

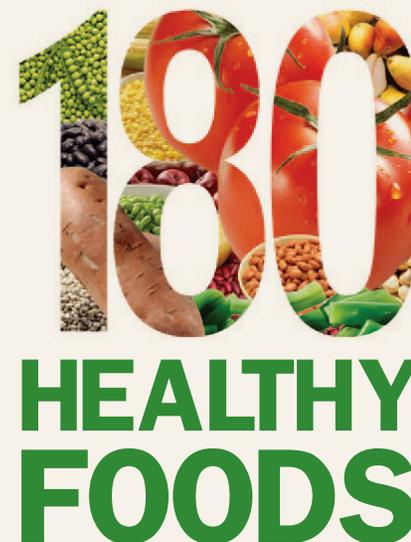
THE RIGHT CHOICE FOR OUR SCHOOLS

To help ensure that America's children receive the healthy food they deserve, the USDA Foods program:

- Makes up approximately 15 to 20 percent of the food served in each school lunch
- Provides a variety of healthy food choices, including fruits, vegetables, meat, fish, poultry, dairy, and grains
- Includes a selection of more than 180 nutritious food items—fresh, frozen, packaged, canned, dried, and bulk
- Meets rigorous food safety standards set by federal regulatory agencies

The improved nutritional value of USDA Foods will help support USDA's strengthened school meal standards and continue to reflect current nutrition science and the Dietary Guidelines for Americans.

For more information on USDA Foods resources to help plan healthy and tasty meals, visit <http://www.fns.usda.gov/fdd/food-distribution-programs>.



Thank You Marsing School District Staff and Students

We would like to thank the foodservice staff, administration, and students at Marsing School District for allowing us to pilot these breakfast recipes as part of Chef Tuesdays at their schools for 3 months. We are extremely appreciative for their input, support, and dedication in making Chef Designed School Breakfast a success.



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