

How to Use this Book

This book features 11 unique recipes. Each recipe is featured in a two-page layout. Important aspects of each section are highlighted below.

1

INGREDIENT LIST

Ingredient quantities for 100 servings for grades K-12. Measurement symbols, such as a scale, provide a visual of how each ingredient should be measured.



A USDA Foods truck symbol indicates ingredients that can be obtained through the USDA Foods Distribution Program.



2

RECIPE DIRECTIONS

Recipe directions are broken down into clear, individual steps.

3

ESTIMATED FOOD COST

An estimated cost of the food ingredients for each individual serving based on the average food costs for the products used during testing at the pilot school. Food costs were minimized by incorporating multiple USDA Foods into each meal. Costs may vary when different products are used.

Green Eggs and Ham Biscuit

Number of Portions: 100
 Portion Size: Grades K-12: 1 sandwich

		K-12 Quantities:
1 Biscuits, whole grain-rich		100 Biscuits (54g)
Ham		4 lbs.
Mozzarella Cheese		1 7/8 lbs.
Egg Patties, frozen		100 Patties (1 1/4 oz)
Mayonnaise, reduced calorie		4 1/2 cups
Yellow Mustard		3/4 cup
Honey		1 1/4 cups
Lemon Juice		1/2 cup
Garlic Powder		3 Tbsp.
Basil, fresh		1/2 cup
Spinach, raw		1 3/4 lbs.

= Available through USDA Foods

DIRECTIONS:

Preheat convection oven to 325°F.

1 INGREDIENTS:

to equal 0.5 ounce equivalent slices. Shred cheese. Chop basil. Thaw egg patties in the refrigerator.

PREPARE WHOLE GRAIN BISCUIT:
Bake according to manufacturer's instructions. Slice each biscuit in half.

PREPARE BASIL HONEY MUSTARD:
In a mixer, use the whisk attachment to mix mayonnaise, mustard, honey, lemon juice, garlic powder, and chopped basil. Mix well. Chill and store in the refrigerator for up to three days.

2 ASSEMBLE, HEAT AND SERVE:

In the center of each biscuit, add 0.5 ounce equivalent slice of ham, 1 egg patty, 1/8 cup fresh spinach, and .25 ounce cheese. Wrap sandwiches in individual foil sheets. Place sandwiches in a single layer on baking sheets. Bake for 8-10 minutes or until internal temperature of sandwiches reads 165°F for 15 full seconds.

Serve with 1 tablespoon of chilled basil honey mustard on the side.

3 Estimated Food Cost: 35¢

30 CHEF DESIGNED SCHOOL BREAKFAST



4

7

CALORIES
306

SATURATED
FAT
7.30g

SODIUM
782.82mg

5

Chef Brenda's Tips

- The basil in this recipe adds a gourmet flavor profile to a sandwich that may otherwise sound like a common fast food item. The spinach and basil may be unfamiliar to students, but combining these ingredients with foods they are used to eating is a great way to encourage them to try new things.
- During the testing phase of this recipe, we placed the cheese on top of the spinach, which melted the cheese to the vegetable—and prevented students from removing it.
- These sandwiches can be prepared ahead of time (assembled, wrapped in foil, and stored in the refrigerator) to heat for the next day.

6

RECIPE CONTRIBUTIONS:		GRADES K-12
Grains Contribution		3.5 oz eq
Grains Total		1.75 oz eq
WGR biscuit		1.75 oz eq
Meats/MA Total		1.75 oz eq
Ham		0.5 oz eq
Eggs		1.0 oz eq
Cheese		0.25 oz eq



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4

PREPARED RECIPE IMAGE

Photograph depicting the fully prepared breakfast recipe.

5

CHEF BRENDA'S TIPS

Tips and suggestions for the recipe from Chef Brenda.

6

RECIPE CONTRIBUTIONS

Breakdown of how specific ingredients contribute to meal components. The credit amounts are based on the products used during testing.

7

RECIPE NUTRITION FACTS

The calories, saturated fat, and sodium for one serving. This nutrient analysis is based on the products used during testing. Nutrient facts may vary when a different product is used; always check food labels for nutrition facts.

Recipe Format

RECIPE FORMAT

Based on schools' requests for recipes that are simple and clear to read, the recipes in this book have been formatted to provide clear steps and instructions.

INGREDIENT LISTS

Ingredient amounts are listed for 100 students in Grades K-12. Adjust amounts based on your school's experience and historical production records if you use Offer vs. Serve.

Ingredients are listed in the "as purchased" form. For example, the ingredient list will tell you to purchase fully cooked ham and then the directions will direct you to dice or slice the ham. If your school prefers to purchase value-added items that already have some of the processing or dicing done, you will need to adjust the ingredient amounts to reflect the change in purchased product.

Be sure to check grain ingredients to ensure the product is whole grain-rich (WGR).

RECIPE DIRECTIONS

Each set of recipe directions are broken out into clear, separate steps, including a step titled "Prepare Ingredients". This step includes tasks such as pre-heating the oven, thawing ingredients, or draining canned items.

Each recipe task is vital to the success of the recipes; the separate titled steps in the recipes are to help ensure all steps are followed. It is important that kitchen staff read and follow each step as directed to preserve the quality of the chef designed recipe. Reading all directions thoroughly before starting is essential to mise en place.

Read more about mise en place on page 23.



WHOLE GRAIN-RICH (WGR)

To credit any grain item toward the grain component, the item must be whole grain-rich (WGR) and provide the required ounce equivalent serving size. Foods that qualify as whole grain-rich either contain 100 percent whole grain (every grain ingredient is whole grain) or contain a blend of whole and enriched grains of which at least 50% is whole grain. To determine if grain-based foods are WGR, review the product's package label and product formulation statement (PFS), using these three steps:

- ✓ 1. Determine if whole grains are at least 50% of the product's total weight.
- ✓ 2. Determine if all other grain ingredients in the product are enriched.
- ✓ 3. Determine if the product contains noncreditable grains, and if so, whether their combined weight complies with the specified limit.

CONTRIBUTIONS /NUTRITIONAL INFORMATION

Each recipe contribution is provided by ingredient so schools can see the breakdown of individual food items. The recipe's calories, saturated fat, and sodium are also provided with each recipe. The provided information is based on the products used during testing. Contributions and nutritional information may vary when different products are used. Always be sure to check food labels to confirm nutritional information and ensure grain products are whole grain-rich (WGR).

Note: It is important for each district to adapt the recipes and calculate components that reflect the exact product used by their schools. Products can vary greatly from brand to brand and year to year, including USDA Foods items. All of the recipes use SY 2013/2014 USDA Foods specifications, so recipes will need to be adapted as product specs change. Product reformulation often results in a change in contributions from ingredients. It is each district's responsibility to adjust recipes, ingredient amounts, recipe contributions, and nutrition facts to reflect the current products used.

