Breakfast Burrito

Student Feedback

"I didn't know that I liked breakfast burritos."
— 2nd Grade Student

♦♦♦

"I really like the potatoes in the burrito!"
— 4th Grade Student

♦♦♦

"I like having breakfast burritos for lunch."
— 5th Grade Student

♦♦♦

"I like that the burrito is wrapped so I can take it to eat with my friends."
— 8th Grade Student

♦♦♦

"I like the combination of foods in the burrito."
— High School Student

♦♦♦

"I could eat these every day for breakfast and lunch!"
— High School Student

CHEF RECOMMENDS

Breakfast Burrito

Seasoned Black Beans

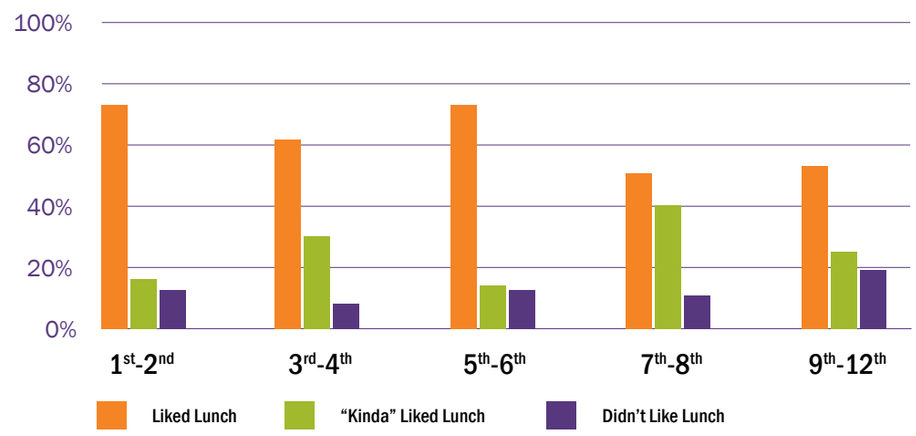
Orange Wedges

Low-Fat Milk

Estimated Food Cost

67¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Breakfast Burrito	1 Burrito	1 Burrito
Seasoned Black Beans	½ cup	¾ cup
Orange Wedges	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.75 Grains .5 cup Fruit .75 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

BREAKFAST BURRITO

Number of Portions: 100

Portion Size: Grades K-12: 1 burrito

INGREDIENTS:	K-12 Quantities:
Mozzarella Cheese	3 ⅛ lbs.
Scrambled Eggs, frozen	3 ⅛ lbs.
Salt (for eggs)	1 tsp.
Black Pepper	1 tsp.
Garlic Powder	1 tsp.
Pork Sausage Patties	7 ⅞ lbs.
Potato Wedges	8 ½ lbs.
Salt (for potatoes)	1 tbsp.
Whole Grain Tortilla	100 Tortillas K-8: 49g / 9-12: 56g
Salsa, low-sodium	1 #10 can

DIRECTIONS:

Preheat oven to 400°F.

PREPARE INGREDIENTS:

Shred mozzarella cheese. Thaw scrambled eggs completely and sprinkle with salt (for eggs), pepper, and garlic powder.

COOK INGREDIENTS:

Follow manufacturer's instructions to cook pork sausage patties. Cut each sausage patty in half.

Place potato wedges on lined sheet pans and sprinkle with salt (for potatoes). Bake per manufacturer's instructions.

WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

ASSEMBLE BURRITOS:

Place tortillas on individual foil sheets. Place 2 half-pieces of sausage, ½ oz. scrambled eggs, ¼ cup potatoes, and ½ oz. of cheese in the center of each tortilla and wrap. Wrap the foil around the burrito. Line wrapped burritos on a baking sheet and heat for 15-20 minutes at 400°F.

Serve each burrito with 2 tbsp. of salsa.

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	**.25 cup**	**.25 cup**
Vegetables Total	.37	.37
Potatoes	.25	.25
Salsa	.12	.12
Grains Contribution	**1.75 oz. eq.**	**2 oz. eq.**
Grains Total	1.75	2
Tortilla	1.75	2
Meats/MA Contribution	**2 oz. eq.**	**2 oz. eq.**
Meats/MA Total	2	2
Pork Sausage	1	1
Cheese	.5	.5
Eggs	.5	.5

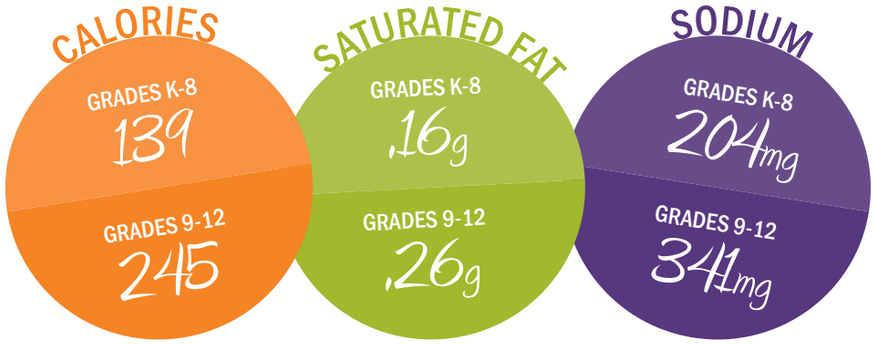
DIRECTIONS:

PREPARE INGREDIENTS:
Dice onions and drain tomatoes.

PREPARE AND COOK BEAN MIXTURE:
Heat oil and sauté onions until opaque. Add undrained beans, drained tomatoes, undrained peppers, cumin, and garlic powder. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	**.5 cup**	**.75 cup**
Vegetables Total	.62	.87
Onions	.05	.05
Black Beans	.25	.50
Tomatoes	.25	.25
Peppers	.07	.07



SEASONED BLACK BEANS

Number of Portions: 100

Portion Size: Grades K-8: ½ cup
Grades 9-12: ¾ cup

INGREDIENTS:	K-12 Quantities:
Onions, whole, fresh	2 lbs.
Diced Tomatoes, low-sodium	2 #10 cans
Vegetable Oil	¼ cup
Black Beans, low-sodium	K-8: 3 ¾ #10 cans 9-12: 7 ½ #10 cans
Canned Green Chili Peppers, mild	51 ½ oz.
Cumin	1 cup
Garlic Powder	½ cup

Chef Brenda's Tips

- Explore the many opportunities for different kinds of breakfast burritos. Try a variety of meats in the burrito to see what your students like best.
- The students really liked having the potatoes in the burrito. Potatoes are very common in breakfast burritos.
- When cooking the seasoned beans, simmering the beans with the seasonings and other ingredients adds great flavor to the beans. More flavor and less juice is preferable.

USDA FOODS: HEALTHY CHOICES. AMERICAN GROWN.

Source: USDA Foods: Healthy Choices for Our Schools Fact Sheet, May 2011

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 $326 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 2010.

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 its canned beans and vegetables to 140mg per serving. This greatly exceeds the Food and Drug Administration's "healthy" labeling standard for sodium (480mg per serving) and is in line with the 2010 Dietary Guidelines for Americans recommendation to reduce salt intake. Frozen vegetables with no added salt are also available.

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 *www.fns.usda.gov/USDAFoods* .

180 HEALTHY FOODS

THANK YOU LIBERTY CHARTER SCHOOL STAFF AND STUDENTS

We would like to thank the foodservice staff, administration, and students at Liberty Charter School for allowing us to pilot these Chef Designed School Meals at their schools for three months. Their input during the piloting of these recipes was a vital part of this project's success.

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