

Idaho Child Nutrition Programs

Recipe: 000144 Breakfast Burrito 9-12

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Burrito

050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES... 902440 Scrambled Eggs, Pre-Cooked, USDA Foods..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 002020 GARLIC POWDER.....	3 1/8 LB 3 1/8 LB 1 TSP 1 TSP 1 TSP	Preheat oven to 400°F. Prepare Ingredients: Shred mozzarella cheese. Thaw scrambled eggs completely and sprinkle with salt (for eggs), pepper, and garlic powder.
902444 Pork Sausage Patty, USDA Foods..... 050489 POTATOES, RUSSET, IQF, WEDGES..... 002047 SALT, TABLE.....	7 7/8 LB 8 1/2 LB 1 TBSP	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.
902384 Whole Grain Tortilla 10".....	100 tortilla (56g)	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.
050540 SALSA, LOW-SODIUM, CANNED.....	1 #10 CAN	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (1 Burrito)

Calories	414 kcal	Cholesterol	85.50 mg	Protein	18.69 g	Calcium	314.22 mg	37.65%	Calories from Total Fat
Total Fat	17.32 g	Sodium	942.54 mg	Vitamin A	68.22 RE	Iron	3.33 mg	15.12%	Calories from Saturated Fat
Saturated Fat	6.96 g	Carbohydrates	47.31 g	Vitamin A	341.20 IU	Water ¹	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.23 g	Vitamin C	5.54 mg	Ash ¹	*0.24* g	45.70%	Calories from Carbohydrates
								18.06%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.250 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	902440	Scrambled Eggs, Pre-Cooked, USDA Foods			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	002020	GARLIC POWDER			
I	902444	Pork Sausage Patty, USDA Foods			
I	050489	POTATOES, RUSSET, IQF, WEDGES			
I	002047	SALT, TABLE			
I	902384	Whole Grain Tortilla 10"			
I	050540	SALSA, LOW-SODIUM, CANNED			

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