



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Broccoli Egg and Cheese Flatbread K-8 & 9-12
Category:	Breakfast Entree
Portion Size(s):	K-8: ½ flatbread; 9-12: 1 flatbread
Meal Components:	K-8: 0.5 oz eq meat/meat alternate; 1 oz eq grain 9-12: 1 oz eq meat/meat alternate; 2 oz eq grain; 1/8 cup dark green vegetable

Directions:

1. Thaw Ingredients: Thaw eggs for 48 hours and ham for 24 hours in refrigerator. CCP: Hold at 40 °F or lower. Thaw flatbread in dry storage. Do not thaw in the refrigerator. CCP: Store between 50-70 °F.
2. Preheat oven to 350 °F.
3. Blanch Broccoli: Bring water to a rolling boil in a large pot or kettle. Add broccoli and begin draining water immediately. Remove broccoli from water and place into a colander within 30 seconds to 1 minute. Immediately rinse with cold running water. Drain well.
4. Scramble Eggs: Place eggs in steamtable pans, cover. Cook in the steamer for 8-12 minutes or until internal temperature reaches 140 °F. Stir eggs. Cover if holding in the warmer. In a large bowl or steamtable pans, toss broccoli, eggs, and ham together.
5. Assemble Flatbreads: Place flatbreads on sheet pans lined with parchment paper. Top each flatbread with ¾ oz cheese. Using a 2 oz ladle (1/4 cup), spread ingredients over the cheese.
6. Bake Flatbreads: Place in the oven and bake for 8-10 minutes or until cheese is melted. Heat to 165 °F or higher for 15 seconds.
7. Serve hot: K-8: Slice flatbreads in half using a pizza cutter. Serve ½ flatbread. 9-12: Serve 1 whole flatbread. CCP: Hold at 140 °F or higher.

Ingredients:	K-8: 100 Portions		9-12: 100 Portions	
	Weight	Measure	Weight	Measure
Eggs, whole eggs, frozen (USDA or Commercial)	9 ½ oz	1 cup	1 lb 3 oz	2 cups
Ham, 97% fat free, cooked, water added, diced (USDA or Commercial)	1 lb		2 lbs	
Flatbread, whole grain or whole grain rich (at least 2 oz eq each)	6 lbs 3 oz OR 2,800 gm	50 each	12 lbs 5 ½ oz OR 5,600 gm	100 each
Water, tap		1 gal		2 gal
Broccoli, fresh, cut into small florets	2 lbs 11 oz		5 lbs 6 oz	
Cheddar cheese, yellow, shredded (USDA or Commercial)	2 lbs 5 ½ oz		4 lbs 11 oz	

Nutrients Per One Serving (K-8):

Calories	135	kcal	Total Fat	6	g	Total Dietary Fiber	1.3	g	Vitamin C	11	mg
Saturated Fat	3	g	Trans Fat	0	g	Protein	6	g	Iron	<1	mg
Sodium	182	mg	Cholesterol	25	mg	Vitamin A	76	IU			
Sugars	<1	g	Carbohydrate	15	g	Calcium	26	mg			

Nutrients Per One Serving (9-12):

Calories	271	kcal	Total Fat	12	g	Total Dietary Fiber	3	g	Vitamin C	22	mg
Saturated Fat	6	g	Trans Fat	0	g	Protein	13	g	Iron	2	mg
Sodium	363	mg	Cholesterol	51	mg	Vitamin A	152	IU			
Sugars	2	g	Carbohydrate	29	g	Calcium	51	mg			

Components Per One Serving (K-8):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0.5 oz. eq.	1 oz. eq.	0 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
0 cups(s)	0 cups(s)	0 cups(s)	0 cup(s)	0

Components Per One Serving (9-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	2 oz. eq.	1/8 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
1/8 cups(s)	0 cups(s)	0 cups(s)	0 cup(s)	0

Serving Size:

K-8 Serving Size: ½ flatbread	K-8 Yield: 50 flatbreads
9-12 Serving Size: 1 flatbread	9-12 Yield: 100 flatbreads
NSLP/SBP Crediting Information:	
K-8:	0.5 oz eq meat/meat alternate; 1 oz eq grain
9-12:	1 oz eq meat/meat alternate; 2 oz eq grain; 1/8 cup dark green vegetable