



# Chef Brenda

Standardizing Recipes for Child Nutrition Programs

<b>Recipe Name:</b>	Potato Egg and Cheese Flatbread K-8 & 9-12
<b>Category:</b>	Breakfast Entree
<b>Portion Size(s):</b>	K-8: ½ flatbread; 9-12: 1 flatbread
<b>Meal Components:</b>	K-8: 0.5 oz eq meat/meat alternate; 1 oz eq grain; 1/8 cup starchy vegetable 9-12: 1 oz eq meat/meat alternate; 2 oz eq grain; ¼ cup starchy 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. Roast Potatoes: In a large bowl or steamtable pans, toss potatoes, with granulated garlic, onion powder, paprika, salt, and vegetable oil. Spread evenly and in a single layer on sheet pans lined with parchment paper. Roast in the oven for 35-40 minutes or until golden brown. CCP: Heat to 145 °F for at least 15 seconds
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. Toss with roasted potatoes. CCP: Heat to 145 °F for at least 15 seconds
5. Assemble Flatbreads: Place flatbreads on sheet pans lined with parchment paper. Top each flatbread with 1 oz cheese. Measure ¼ cup (2 oz ladle) potato-egg mixture and spread over the flatbread.
6. Bake Flatbreads: Place in the oven and bake for 8-10 minutes or until cheese is melted. CCP: 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
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
Russet potatoes, fresh, ½" diced unpeeled	6 lbs 11 ½ oz	1 gal 2 cups	13 lbs 7 oz	2 gal 1 qt
Granulated garlic		¼ cup		½ cup
Onion powder		¼ cup		½ cup
Paprika		2 Tbsp		¼ cup
Salt, table		2 Tbsp		¼ cup
Vegetable oil		¼ cup		½ cup
Cheddar cheese, yellow, shredded (USDA or Commercial)	3 lbs 2 oz		6 lbs 4 oz	

### Nutrients Per One Serving (K-8):

Calories	172	kcal	Total Fat	7	g	Total Dietary Fiber	1.5	g	Vitamin C	2	mg
Saturated Fat	3	g	Trans Fat	0	g	Protein	7	g	Iron	1	mg
Sodium	311	mg	Cholesterol	27	mg	Vitamin A	68	IU			
Sugars	<1	g	Carbohydrate	20	g	Calcium	25	mg			

### Nutrients Per One Serving (9-12):

Calories	335	kcal	Total Fat	15	g	Total Dietary Fiber	3	g	Vitamin C	4	mg
Saturated Fat	7	g	Trans Fat	0	g	Protein	14	g	Iron	2	mg
Sodium	623	mg	Cholesterol	54	mg	Vitamin A	136	IU			
Sugars	1	g	Carbohydrate	39	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.	1/8 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)	1/8 cup(s)	0

## Components Per One Serving (9-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	2 oz. eq.	1/4 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)	1/4 cup(s)	0

## Serving Size:

<b>K-8 Serving Size:</b> ½ flatbread	<b>K-8 Yield:</b> 50 flatbreads
<b>9-12 Serving Size:</b> 1 flatbread	<b>9-12 Yield:</b> 100 flatbreads
<b>NSLP/SBP Crediting Information:</b>	
K-8:	0.5 oz eq meat/meat alternate; 1 oz eq grain; 1/8 cup starchy vegetable
9-12:	1 oz eq meat/meat alternate; 2 oz eq grain; ¼ cup starchy vegetable