



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Pretzel Bun Breakfast Sandwich with Creamy Jalapeno Sauce K-8 & 9-12
Category:	Breakfast Entrée
Portion Size(s):	K-8: ½ Sandwich; 9-12: 1 Sandwich
Meal Components:	K-8: 1.25 oz eq meat/meat alternate; 1.25 oz eq grains 9-12: 2.5 oz eq meat/meat alternate; 2.5 oz eq grains; 1/8 cup dark green vegetable

Directions:

1. Thaw egg patties in refrigerator for 12-24 hours.
2. Preheat oven to 350 °F.
3. Roast Vegetables for Sauce: Drizzle 1/8 tsp vegetable oil on each bulb and wrap each garlic bulb in a small piece of foil. Toss jalapenos with remaining vegetable oil and place on a sheet pan lined with parchment paper. Place garlic and jalapenos in the oven. Roast jalapenos for 12-15 minutes or until edges begin to turn golden brown. Roast garlic for 20 minutes or until garlic is soft and is easily squished from the bulb. CCP: Heat to 145 °F for at least 15 seconds. Cool jalapenos and garlic. CCP: Cool to 70 °F within 2 hours. CCP: Cool to 41 °F within 4 hours.
4. Prepare Sauce: Squish all garlic cloves from the bulb of the garlic. Place garlic, jalapenos, yogurt, cream cheese, lime juice, and salt in a blender. Blend for 3-4 minutes or until smooth. If serving sauce on the side, place sauce in souffle cups. For K-8, place ½ #60 scoop in ½ oz cups. For 9-12, place 1 #60 scoop in 1 oz cups. Note: Sauce is best if prepared the day before service to allow flavors to meld. Use sauce within 7 days of preparation. CCP: Hold at 40 °F or lower.
5. Cook Sausage and Egg Patties: Place egg patties in perforated steamtable pan and steam for 6-8 minutes. Place frozen sausage patties on a sheet pan lined with parchment paper. Heat in the oven for 7-8 minutes. CCP: Heat to 165 °F for at least 15 seconds.

6. Build Sandwiches: Layer ingredients between each pretzel bun as follows: 1 sausage patty, 1 egg patty, ¼ packed cup (0.53 oz) spinach, and 1 slice cheese. Place sandwiches in steamtable pan, cover, and hold in warmer. CCP: Hold at 140 °F or higher.
7. Serve Sandwiches: Top each full sandwich with #60 scoop jalapeno sauce right before serving or serve on the side. K-8: Slice sandwiches in half. CCP: Hold at 140 °F or higher.

Ingredients:	K-8: 100 Portions		9-12: 100 Portions	
	Weight	Measure	Weight	Measure
Garlic bulbs, fresh, tops removed	About 2 oz	1 each	About 4 oz	2 each
Jalapeno, fresh, quartered, stems and seeds removed	13 oz	8 each	1 lb 10 oz	16 each
Vegetable oil (USDA or Commercial)		2 1/8 tsp		3 ¼ tsp
Yogurt, high protein, plain, nonfat (USDA or Commercial)	1 lb 9 oz	About 7/8 – 32 oz container OR 3 cups 2 Tbsp	3 lbs 2 oz	About 1 5/8 – 32 oz container OR 1 qt 2 ¼ cups
Cream cheese, low-fat	2 oz	2 Tbsp	4 oz	¼ cup
Lime juice, bottled		¼ cup		½ cup
Salt, table		1 tsp		2 tsp
Whole grain pretzel bun, sliced (at least 2 ¼ oz eq grain each)	8 lbs 7 oz	50 each	16 lbs 14 oz	100 each
Sausage patty 2.5" (at least 1 oz eq m/ma each)	3 lbs 14 ½ oz	50 each	7 lbs 13 oz	100 each
Egg patty (at least 1.25 oz eq m/ma each) (USDA or Commercial)	3 lbs 14 ½ oz	50 each	7 lbs 13 oz	100 each
Baby spinach, fresh	1 lb 10 ½ oz	3 qts ½ cup	3 lbs 5 oz	1 gal 2 qts 1 cup
American cheese, reduced fat, sliced (at least 0.5 oz eq m/ma each)	1 lb 9 oz	50 each	3 lbs 2 oz	100 each

Nutrients Per One Serving (K-8):

Calories	211	kcal	Total Fat	10	g	Total Dietary Fiber	2	g	Vitamin C	7	mg
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Saturated Fat	4	g	Trans Fat	0	g	Protein	10	g	Iron	5	mg
Sodium	271	mg	Cholesterol	79	mg	Vitamin A	759	IU			
Sugars	3	g	Carbohydrate	21	g	Calcium	25	mg			

Nutrients Per One Serving (9-12):

Calories	421	kcal	Total Fat	19	g	Total Dietary Fiber	3.5	g	Vitamin C	14	mg
Saturated Fat	7	g	Trans Fat	0	g	Protein	20	g	Iron	10	mg
Sodium	541	mg	Cholesterol	159	mg	Vitamin A	1517	IU			
Sugars	7	g	Carbohydrate	42	g	Calcium	49	mg			

Components Per One Serving (K-8):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1.25 oz. eq.	1.25 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
2.5 oz. eq.	2.5 oz. eq.	1/8 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

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

Serving Size: K-8: ½ sandwich; 9-12: 1 sandwich	Yield: K-8: 100 – ½ sandwiches; 9-12: 100 full sandwiches
NSLP/SBP Crediting Information:	
K-8:	1.25 oz eq meat/meat alternate; 1.25 oz eq grains
9-12:	2.5 oz eq meat/meat alternate; 2.5 oz eq grains; 1/8 cup dark green vegetable