



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Cheesy Ham Potato Bowl K-12
Category:	Breakfast Entree
Portion Size(s):	1 Bowl
Meal Components:	1 oz eq meat/meat alternate; 1 oz eq grain; 5/8 cup vegetable (1/2 cup starchy, 1/8 cup other)

Directions:

1. Thaw eggs for 48 hours and ham for 24 hours in refrigerator. CCP: Hold at 40 °F or lower.
2. Preheat oven to 350 °F.
3. *Prepare Croutons: Place bread cubes in a single layer on sheet pans lined with parchment paper. Spray with butter flavored pan spray and sprinkle with granulated garlic. Toss with gloved hands and rearrange back into a single layer. Bake in the oven for 3 minutes. Toss and bake an additional 3-4 minutes or until cubes become golden brown. Note: Careful to not burn croutons. Ovens may vary in cooking times.
4. Heat Cheese Sauce: Place frozen sealed bag of cheese sauce in a steamer or in boiling water. Heat approximately 45 minutes. Caution: Open bag carefully to avoid being burned.
5. Roast Potatoes: In a large bowl or steamtable pans, toss potatoes, onion, and herb seasoning, and ¼ cup vegetable oil. Spread evenly and in a single layer on sheet pans lined with parchment paper. Roast in the oven for 45-50 minutes or until golden brown.
6. Roast Mushrooms: In a large bowl or steamtable pans, toss mushrooms with ¼ cup vegetable oil. Spread evenly and in a single layer on sheet pans lined with parchment paper. Roast in the oven for 10-12 minutes.
7. Scramble Eggs with Ham: Place eggs and ham in steamtable pans, cover. Cook in the steamer for 8-12 minutes or until internal temperature reaches 140 °F. Stir eggs and ham. Add roasted mushrooms. Cover if holding in the warmer.

8. Build Bowls: In a bowl or boat, add ½ cup (4 oz ladle) roasted potatoes, 3/8 cup (3 oz ladle) egg, ham, and mushroom mixture, #40 scoop cheese sauce, and ¾ cup (6 oz ladle) croutons. Serve immediately.

*Note: Save heels of bread to add to recipe in a plastic food pan until ready to use.

Ingredients:	100 Portions	
	Weight	Measure
Whole wheat or whole grain rich bread, cubed (1 oz eq grain each slice)	6 lbs 4 oz	100 slices
Pan spray, butter flavor		2 sprays
Granulated garlic		¼ cup
Queso Blanco cheese sauce	6 lbs 4 oz	
Red potatoes, fresh, halved	20 lbs 4 oz	3 gal 2 qts 2 1/3 cups
Onion and herb, no salt seasoning		1 cup
Vegetable oil		½ cup
Mushrooms, sliced thick	6 lbs 1 oz	2 gal 2 qt 1 2/3 cups
Eggs, liquid whole, frozen (USDA or Commercial)	6 lbs 4 oz	2 qts 2 2/3 cups
Ham, 97% fat free, cooked, water-added, diced (USDA or Commercial)	1 lb 15 oz	

Nutrients Per One Serving (K-12):

Calories	256	kcal	Total Fat	11	g	Total Dietary Fiber	5	g	Vitamin C	9	mg
Saturated Fat	5	g	Trans Fat	0	g	Protein	13	g	Iron	<1	mg
Sodium	440	mg	Cholesterol	142	mg	Vitamin A	206	IU			
Sugars	5	g	Carbohydrate	31	g	Calcium	111	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	1 oz. eq.	5/8 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)	1/2	cup(s)	1/8 cup

Serving Size:

Serving Size: 1 bowl	Yield: 100 bowls
NSLP/SBP Crediting Information:	
K-8:	1 oz eq meat/meat alternate; 1 oz eq grain; 5/8 cup vegetable (1/2 cup starchy, 1/8 cup other)
9-12:	1 oz eq meat/meat alternate; 1 oz eq grain; 5/8 cup vegetable (1/2 cup starchy, 1/8 cup other)