



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Cheese-a-Peachalicious Quesadilla K-12
Category:	Breakfast Quesadilla
Portion Size(s):	1 quesadilla
Meal Components:	1 oz eq meat/meat alternates; 1.5 oz eq grain; ¼ cup fruit

Directions:

1. Thaw Ingredients: Thaw tortillas for 24 hours in dry storage.
2. Preheat oven to 350 F.
3. Build Quesadillas: In a large bowl or steamtable pan, blend pepper jack and white cheddar cheese. On half of each tortilla, spread 1 oz cheese, top with ¼ cup (#16 scoop) peaches, and 1 tsp basil. Fold in half and place on a sheet pans lined with parchment paper. Spray the tops of each tortilla half with butter flavored pan spray.
4. Bake and Serve Quesadillas: Bake in the oven for 5-7 minutes or until cheese is melted. Using a pizza cutter, cut each quesadilla in half and serve.

Ingredients:	100 Portions	
	Weight	Measure
8" tortillas, whole grain or whole grain rich (USDA or Commercial)	6 lbs 4 oz	100 each
Peaches, fresh, ½" diced	9 lbs 13 oz	1 gal 2 qt 1 cup
Pepper jack cheese, shredded	3 lbs 2 oz	

Cheddar cheese, white, shredded (USDA or Commercial)	3 lbs 2 oz	
Basil, fresh, chopped	9 oz	2 cups
Pan spray, butter flavor		4 sprays

Nutrients Per One Serving (K-12):

Calories	233	kcal	Total Fat	11	g	Total Dietary Fiber	3	g	Vitamin C	3	mg
Saturated Fat	6	g	Trans Fat	0	g	Protein	11	g	Iron	0	mg
Sodium	411	mg	Cholesterol	25	mg	Vitamin A	283	IU			
Sugars	5	g	Carbohydrate	26	g	Calcium	17	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	1.5 oz. eq.	0 cups(s)	1/4 cup(s)	0 cup(s)

Serving Size:

Serving Size: 1 quesadilla	Yield: 100 quesadillas
NSLP/SBP Crediting Information:	
K-8:	1 oz eq meat/meat alternates; 1.5 oz eq grain; ¼ cup fruit
9-12:	1 oz eq meat/meat alternates; 1.5 oz eq grain; ¼ cup fruit