



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name: Lemon-Blueberry Cream Cheese Bagel with Cereal Toppers K-8 & 9-12

Category: Breakfast Entree

Portion Size(s): K-8: ½ bagel; 9-12:1 bagel

Meal Components: K-8: 1 oz eq grain
9-12: 2.25 oz eq grain; 1/8 cup fruit

Directions:

1. Prepare Blueberry Cream Cheese: Using a standing mixer or hand mixer, mix cream cheese and blueberries until about half of the blueberries are mashed in the cream cheese. Note: To credit the blueberries, half must be whole.
2. Toast Bagels (Optional): Preheat oven to 325 °F. Place bagels with sliced side up on sheet pans. Toast in the oven for 4-6 minutes until golden brown.
3. Build Bagels: Place 2 2/3 Tbsp (#24 scoop) blueberry-lemon cream cheese on each bagel half and spread evenly using a rubber spatula. Sprinkle with 2 Tbsp (#30) or 0.25 oz eq ready to eat cereal.
4. Serve Bagels: For K-8, serve 1/2-bagel. For 9-12, serve 1-bagel.

Ingredients:	K-8: 100 Portions		9-12: 100 Portions	
	Weight	Measure	Weight	Measure
Cream cheese, low-fat	3 lbs 2 oz		6 lbs 4 oz	
Blueberries, fresh	2 lbs 2 oz		4 lbs 4 oz	
Lemon extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp

Bagel, whole grain or whole grain rich, sliced (at least 2 oz eq grain)	6 lbs 4 oz	50 each	12 lbs 8 oz	100 each
Ready to eat breakfast cereal, bulk	12 ½ oz	About 1 qt 2 1/4 cup	1 lb 9 oz	About 3 qts ½ cup

Nutrients Per One Serving (K-8):

Calories	125	kcal	Total Fat	4	g	Total Dietary Fiber	1	g	Vitamin C	1	mg
Saturated Fat	2	g	Trans Fat	0	g	Protein	4	g	Iron	1	mg
Sodium	212	mg	Cholesterol	10	mg	Vitamin A	106	IU			
Sugars	4	g	Carbohydrate	18	g	Calcium	43	mg			

Nutrients Per One Serving (9-12):

Calories	249	kcal	Total Fat	7	g	Total Dietary Fiber	3	g	Vitamin C	2	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	8	g	Iron	2	mg
Sodium	424	mg	Cholesterol	20	mg	Vitamin A	213	IU			
Sugars	7	g	Carbohydrate	36	g	Calcium	86	mg			

Components Per One Serving (K-8):

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

Components Per One Serving (9-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
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0	oz. eq.	2.25	oz. eq.	0	cups(s)	1/8	cup(s)	0	cup(s)
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Serving Size:

Serving Size: K-8: ½ bagel; 9-12: 1 bagel	Yield: 50 bagels; 100 bagels
NSLP/SBP Crediting Information:	
K-8:	1 oz eq grain
9-12:	2.25 oz eq grain; 1/8 cup fruit