



Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Cheesy Zucchini Sausage Bread K-12
Category:	Breakfast Entrée
Portion Size(s):	1 square
Meal Components:	K-12: 0.75 oz eq meat/meat alternate; 1.5 oz eq grain

Directions:

1. Thaw eggs and sausage in refrigerator for 48 hours. CCP: Hold at 40 °F or lower.
2. Preheat oven to 350 °F. Spray steamtable pans with nonstick cooking spray. Use 1 – full 4” steamtable pan for every 25 servings.
3. Cook Sausage: In a large skillet or tilt skillet, crumble sausage and cook until golden brown. CCP: Heat to 165 °F or higher for 15 seconds.
4. Prepare Flour Mixture: In a standing mixer or a large bowl, stir flour, cornmeal, sugar, baking powder, baking soda, and salt.
5. Prepare Wet Ingredients with Seasonings: In a separate large bowl, whisk eggs, applesauce, milk, dehydrated onions, granulated garlic, sage, and black pepper. Let sit for 10 minutes to hydrate onions and meld flavors. CCP: Hold at 40 °F or lower.
6. Combine All Ingredients: Slowly add wet ingredients into the dry ingredients, using a large rubber spatula to remove any ingredients that are sticking to the bottom and sides of the bowl. Stir until ingredients are mixed. Do not over mix. Using a large rubber spatula, fold in cooked sausage, zucchini, and 1 lb 9 oz cheese (half of the cheese).
7. Bake Bread: Divide dough evenly into steamtable pans and sprinkle the remaining cheese on top of each pan. Bake for 50-55 minutes. CCP: Heat to 165 °F or higher for 15 seconds. Remove from the oven and allow to rest for 10 minutes. Cut into 5 x 5 pieces and serve. CCP: Hold at 140 °F or higher.

Ingredients:	100 Portions	
	Weight	Measure
Eggs, liquid whole, frozen (USDA or Commercial)	1 lb 14 oz	3 cups OR 16 eggs
Pork sausage, ground, raw	3 lbs 6 oz	
Nonstick cooking spray		4 sprays
Flour, white whole wheat/enriched blend (USDA or Commercial)	4 lbs 8 oz	1 gal 1 cup
Cornmeal, enriched, yellow	1 lb 8 oz	1 qt
Sugar, granulated		1 cup
Baking powder		¼ cup 2 Tbsp
Baking soda		¼ cup
Salt, table		1 Tbsp 1 tsp
Applesauce, unsweetened (USDA or Commercial)		3 cups
Milk, 1%		2 qts 2 cups
Dehydrated onions		1 cup
Granulated garlic		¼ cup
Sage, ground		2 Tbsp
Black pepper		1 Tbsp 1 tsp
Zucchini, fresh, shredded	4 lbs	1 gal 1 cup
Cheddar cheese, reduced fat, shredded (USDA or Commercial)	3 lbs 2 oz	

Nutrients Per One Serving (K-12):

Calories	223	kcal	Total Fat	9	g	Total Dietary Fiber	2	g	Vitamin C	4	mg
Saturated Fat	4	g	Trans Fat	0	g	Protein	11	g	Iron	1.5	mg
Sodium	572	mg	Cholesterol	59	mg	Vitamin A	116	IU			
Sugars	5	g	Carbohydrate	27	g	Calcium	94	mg			

Components Per One Serving (K-12):

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

Serving Size:

Serving Size: 1 square	Yield: 100 squares
NSLP/SBP Crediting Information:	
K-8:	0.75 oz eq meat/meat alternate; 1.5 oz eq grain
9-12:	0.75 oz eq meat/meat alternate; 1.5 oz eq grain