

On, Wisconsin! Menus – Breakfast Recipes

<u>Recipe</u>	<u>Page</u>
WIDPIB-1 Baked Sweet Potatoes and Apples	1
WIDPIB-2 Blueberry Oat Muffins	2
WIDPIB-3 Breakfast Pita	3
WIDPIB-4 Breakfast Sandwich	4
WIDPIB-5 Crunchy Chicken Hawaiian Wrap	5
WIDPIB-6 Eggritos	6
WIDPIB-7 Granola	7
WIDPIB-8 NYC Style Eggs on a Roll	8
WIDPIB-9 Peanut Butter Banana Roll-Up	9
WIDPIB-10 Pumpkin Chocolate Chip Muffin	10
WIDPIB-11 Raisin Cinna Twist	11
WIDPIB-12 Scrumptious Coffee Cake	12
WIDPIB-13 Spiced Apple Topping	13
WIDPIB-14 Spicy Egg Taco	14
WIDPIB-15 Strawberry Applesauce	15
WIDPIB-16 Western Omelet Quesadilla	16
WIDPIB-17 Yogurt Parfait	17
WIDPIB-18 Yummy Mixed Fruit Cup	18

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-1
Adapted from: USDA Recipe (Vegetables I-07)

RECIPE NAME: Baked Sweet Potatoes and Apples

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: ½ cup	
Serving Utensil: ½ cup spoodle	
Servings Per Pan: 25	

Ingredients:	Weight	Measure	Procedure:
Canned, cut sweet potatoes, USDA Foods 100317, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 3 lbs 13 oz (2 qt ¾ cup) sweet potatoes into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. 2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan. 3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle ¾ cup sugar mixture over apples in each pan. 5. Dot each pan with 1/3 cup butter, and sprinkle remaining sugar. 6. Add ¾ cup water to each pan. 7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 13-20 minutes CCP: Heat to 140° F or higher. CCP: Hold at 135° F or higher for hot service.
Canned unsweetened sliced apples solid packed, USDA Foods 100206, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)	
Brown sugar, drained	5 ¾ oz	¾ cup	
Ground cinnamon		1 tsp	
Ground nutmeg (optional)		1 tsp	
Butter	2 ½ oz	1/3 cup	
Water		¾ cup	

Total Yield	Number of Pans: 1	Equipment (if not specified in procedures above):
Weight: 7 lb 15 oz	Pan Size: 12" x 20" x 2 ½"	
Measure (volume):		

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 156
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.56
			¼ cup			Sodium (mg): 58
Fruits	¼ cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-2
Adapted from: Healthier Kansas Recipe 28

RECIPE NAME: Blueberry Oat Muffins

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 115	
Portion Size: 1 muffin	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Applesauce, canned, unsweetened Egg, whole, raw, large Oil, soybean, salad or cooking Milk, lowfat fluid, 1% Sugar, granulated Oats, rolled, dry Baking Powder Baking Soda Cinnamon, ground Flour, whole wheat Blueberries, frozen, unsweetened	 12 oz 1 lb 2 oz 1 lb 5 oz 2 lb 5 oz 4 oz 1 oz 2 lb 4 oz 2 lb 8 oz	¾ No. 10 cans 9 large 1 ½ cups 2 ¼ cups 3 cups 3 Tbsp	1. Beat applesauce, eggs, oil, milk and sugar until smooth. 2. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened. <i>Note:</i> Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour. 3. Add blueberries and mix on low speed (10 to 15 seconds) or by hand to incorporate into the batter. 4. Portion #20 scoop (3 1/3 Tbsp) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> Could also be baked in 12" x 20" x 2" pan and cut 6 x 4 (use 1 pan per 24 servings). 5. Baked until lightly browned. Conventional oven: 375° F for 16-20 minutes. Convection oven: 350° F for 12-16 minutes.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume): 115 muffins	Pan Size: Muffin tin	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 134
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.72
						Sodium (mg): 224
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-3
Adapted from: Healthier Kansas Recipe B-131

RECIPE NAME: Breakfast Pita

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 pita pocket	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Pita bread, whole wheat pocket, 3 oz eq. each		50 each	1. Cut pitas in half. 2. Heat turkey in oven or steamer. CCP: Heat turkey to an internal temperature of 165° F or higher for 15 seconds. 3. Fill each pita pocket with 1.875 oz of turkey and ½ oz of cheese. 4. Place stuffed pita pockets on parchment paper lined sheet pans and cover pan with foil or wrap each pita individually in foil. Conventional oven: 350° F for 10-15 minutes Convection oven: 350° F for 7-9 minutes CCP: Hold for hot service at 135° F or higher. 5. Serve pitas wrapped in foil for Grab & Go service.
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338	11 lb 11 ½ oz		
Cheddar cheese, shredded, reduced fat, USDA Foods #100012	3 lb 2 oz		

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:	1.5 oz eq.					Calories: 213
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.32
						Sodium (mg): 624
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

RECIPE NAME: Breakfast Sandwich

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 1	
Portion Size: 1 sandwich	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
English Muffin, whole grain, toasted	2 oz	1 muffin	1. Heat omelet as follows: If thawed, heat at 325° F for 10-12 minutes. If frozen, heat at 325° F for 20-25 minutes. CCP: Heat to 135° F or higher. 2. Place omelet between warm English muffin halves for service. CCP: Hold for hot service at 135° F or higher. 3. Individually wrap sandwiches in foil for Grab & Go service.
Cheese Omelet, WI Processed C811, Cargill, Commercial Eq. Code: 40176	2.1 oz	1 omelet	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 245
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.22
						Sodium (mg): 452
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-5
Adapted from: USDA Recipe (Sandwiches F-12r)

RECIPE NAME: Crunchy Hawaiian Chicken Wrap

Grade Group: K-12	HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 wrap	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Light mayonnaise	1 lb	2 cups	1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40° F. 2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. CCP: Cool to 41° F or lower within 4 hours. 3. Portion filling with #6 scoop (2/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. CCP: Hold for cold service at 41° F or lower. 4. Wrap two halves together in foil for Grab & Go service.
White vinegar		1 ½ cups	
Sugar	1 lb	2 cups	
Poppy seeds		2 Tbsp 2 tsp	
Onion powder		¼ cup	
Garlic powder		¼ cup	
Chili powder		¼ cup	
Fresh broccoli, shredded	3 lb	1 gal	
Fresh carrots, shredded	2 lb	2 ½ qt	
Fresh baby spinach, chopped	12 ½ oz	1 qt 1 cup	
Canned crushed pineapple, in 100% juice, drained	1 lb ½ oz	2 ½ cups (¼ No. 10 can)	
Chicken, diced, cooked, USDA Foods 100101, thawed	6 lb 8 oz	1 gal 1 ¼ qt	
Whole-wheat tortillas, 10" (1.8 oz. each)		50	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 308
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.63
	1/4 cup		1/8 cup		1/8 cup	Sodium (mg): 408
Fruits						
Grains	1.75 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-6
Adapted from: American Egg Board

RECIPE NAME: Eggritos

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 burrito	
Serving Utensil: Gloved Hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
All-purpose egg mix, dried	2 lb 8 oz		1. In a mixing bowl, blend together dried egg, water, and skim milk until smooth. 2. Stir in corn, bell peppers, minced onions, mustard, salt, garlic powder, and hot pepper sauce. 3. In a non-stick or spray coated skillet or steam-jacketed kettle, scramble egg mixture over medium-low heat. Cook until firm throughout with no visible liquid egg remaining. Repeat procedure with remaining egg mixture, if necessary. Keep cooked scrambled eggs warm. 4. Portion ½ cup (#8 scoop) egg mixture into a tortilla; roll up. 5. Serve immediately. CCP: Hold for hot service at 135° F or higher. 6. Wrap burritos in foil individually for Grab & Go service.
Water		2 qt 2 cups	
Skim milk		2 cups	
Whole kernel corn, frozen, thawed, drained	4 lb	2 qt	
Bell peppers, chopped	1 lb 4 oz	1 qt	
Onions, minced, dehydrated		1/3 cup	
Prepared mustard		¼ cup	
Salt		1 Tbsp	
Garlic powder		2 tsp	
Hot pepper sauce		2 tsp	
Flour tortillas, whole-wheat, 1.5 oz each		50	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	3 oz eq.					Calories: 266
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.53
				1/8 cup		Sodium (mg): 493
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-7
Adapted from: USDA Recipe (Breakfast J-01)

RECIPE NAME: Granola

Grade Group: K-12
Number of Portions: 33
Portion Size: 3/8 cup
Serving Utensil: #10 scoop
Servings Per Pan: 33

- HACCP Process:**
- #1 No Cook
 - #2 Cook & Serve Same Day
 - #3 Includes Cooling Step

Ingredients:	Weight	Measure
Rolled oats	1 lb 11 oz	2 qt 1 cup
Brown sugar, packed	6 ½ oz	¾ cup 2 Tbsp
Apple juice		1 cup
Oil, vegetable		¼ cup 1 Tbsp
Honey		1 cup
Salt		1 tsp
Cinnamon, ground		1 Tbsp
Vanilla		1 Tbsp
Raisins	10 oz	2 cup

- Procedure:**
- Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stockpot. Stir well. Heat on medium for 4 minutes. Do not boil.
 - Combine the oats with the brown sugar mixture in a large bowl. Toss evenly to coat.
 - Spread 3 lb 12 oz (3 qt 1 cup) of this mixture on each sheet pan (18" x 26" x 1").
 - Bake:
 - Conventional oven: 250° F for 1 hour 15 minutes
 - Convection oven: 200° F for 1 hour 15 minutes
 Stir granola every 15 minutes.
 - Remove from oven. Cool.
 - Mix in raisins.

Total Yield	Number of Pans: 1
Weight: 5 lb 2 oz	Measure (volume): 3 qt ½ cup
Pan Size: 18" x 26" x 1"	

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate						Calories: 162
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.51
						Sodium (mg): 75
Fruits						
Grains	1.25 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-8
Adapted from: American Egg Board

RECIPE NAME: NYC Style Eggs on a Roll

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step
Number of Portions: 1	
Portion Size: 1 roll	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Hamburger roll, whole wheat, 1.5 oz eq.		1 roll	1. Toast roll until hot and crispy. 4. Heat omelet as follows: If thawed, heat at 325° F for 10-12 minutes. If frozen, heat at 325° F for 20-25 minutes. CCP: Heat to 135° F or higher. 2. Place the sliced cheese on one cut side of roll. Top with hot omelet. Cover with top of roll. Return sandwiches to oven briefly to melt cheese, if desired. 3. CCP: Hold at 135° F or higher for hot service. 4. Wrap sandwiches individually in foil for Grab & Go service.
Cheese Omelet, WI Processed C811, Cargill, Commercial Eq. Code: 40176	2.1 oz	1omelet	
American cheese, reduced fat, sliced, WI Processed C710, ConAgra Foods, Commercial Eq. Code: 12602	0.5 oz	1 slice	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume): 1 roll	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate	2.5 oz eq.					Calories: 259	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 4.61	
						Sodium (mg): 592	
Fruits							
Grains	1.5 oz eq.						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

RECIPE NAME: Peanut Butter Banana Roll-up

Grade Group: K-12	HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 1	
Portion Size: 1 roll-up	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Peanut butter or sunflower seed butter Banana, medium, peeled and sliced Whole-wheat tortilla, 1.5 oz		2 Tbsp ½ fruit 1	1. Spread 2 Tbsp (#30 scoop) of peanut or sunflower seed butter onto tortilla leaving a ½” border around the edge. 2. Top with sliced banana. 3. Gently roll up the tortilla. CCP: Hold at 41° F for cold service. 4. Wrap roll-ups in foil individually for Grab & Go service.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	1 oz eq.					Calories: 376
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.64
						Sodium (mg): 490
Fruits	¼ cup					
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

RECIPE NAME: Pumpkin Chocolate Chip Muffin

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 96	
Portion Size: 1 each	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Eggs, large, whole, raw	2 lb	16	1. Beat eggs, sugar, pumpkin, oil and applesauce until smooth. 2. Combine flour, baking soda, baking powder, pumpkin pie spice, cinnamon and salt. Add to pumpkin mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened. 3. Add chocolate chips and mix on low speed to incorporate into the batter. 4. Portion #16 scoop (¼ cup) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. 5. Bake until lightly browned: Conventional oven: 375° F for 16-20 minutes Convection oven: 350° F for 12-16 minutes 6. Individually wrap muffins in foil for Grab & Go service.
Sugar, granulated	3 lb 8 oz	2 qt	
Pumpkin, canned	4 lb	2 qt	
Oil, vegetable	1 lb	2 cup	
Applesauce, canned, unsweetened	2 lb	1 qt	
Flour, white whole wheat	3 lb 7 oz	3 qt 1 ½ cup	
Baking soda		2 Tbsp 2 tsp	
Baking powder		2 Tbsp 2 tsp	
Pumpkin pie spice		1 Tbsp 1 tsp	
Cinnamon		2 tsp	
Salt		1 Tbsp	
Chocolate chips, miniature, semi-sweet		1 qt 1 cup	
Pan release spray		As needed	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size: Muffin tin	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate:						Calories: 230	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2	
						Sodium (mg): 300	
Fruits							
Grains	1 oz eq.						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-11
Adapted from: California Raisin Board

RECIPE NAME: Raisin Cinna Twist

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 24	
Portion Size: 1 each	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Sugar, granulated	½ oz	1 ½ Tbsp	1. In mixer bowl, dissolve sugar (1 ½ Tbsp) in warm water. Sprinkle yeast over; stir in 1 ½ cups raisins. Let stand until thin layer of foam covers surface, about 5 minutes. 2. Beat in salt and oil. Add flours, alternately, until stiff dough forms. Change to dough hook and knead until smooth and silky, adding flour as needed. 3. Cover and allow to rise until double in bulk. Punch down and divide into six 8-ounce balls. Wrap securely in plastic wrap and refrigerate several hours or overnight. 4. Roll out one ball at a time. Divide 1 ¼ cups raisins and sprinkle over 3 sheets. 5. Combine cinnamon and sugar and sprinkle all over. Top each with second sheet. 6. Cut each stack into 8 strips. Fasten ends together securely and twist. 7. Brush with oil and roll in cinnamon sugar. 8. Arrange on oiled baking sheet. Repeat until all dough is used. 9. Bake at 450° F for 8-10 minutes or until golden brown.
Water, warm		1 ½ cup	
Active dry yeast			
California raisins		1 ½ cup	
Salt		1 ½ tsp	
Olive oil		6 Tbsp	
All-purpose flour		2 ¼ cup	
Whole wheat flour		3 cup	
Cinnamon		1 tsp	
Sugar, granulated		1 ¼ cup	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:						Calories: 220
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.5
						Sodium (mg): 120
Fruits	1/8 cup					
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-12
Adapted from: Healthier Kansas Recipe B-105

RECIPE NAME: Scrumptious Coffee Cake

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 96	
Portion Size: 1 piece	
Serving Utensil: Gloved hand and spatula	
Servings Per Pan: 24	

Ingredients:	Weight	Measure	Procedure:
Flour, all purpose, enriched	2 lb		1. Mix flours, baking powder, soda, cinnamon, sugar, and salt in mixing bowl. <i>Note:</i> Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour.
Flour, white whole wheat	3 lb 2 oz		
Baking Powder		2 Tbsp 2 tsp	
Baking Soda		2 Tbsp 2 tsp	
Cinnamon, ground		2 Tbsp 2 tsp	
Sugar, granulated	3 lb 8 oz		
Salt		1 Tbsp 1 tsp	2. Add eggs, milk, oil, orange juice, and applesauce. Mix only until moistened. Do not over mix. For 24 servings, pour batter into a 12" x 20" x 2 ½" pan that has been lightly coated with pan release spray. For 96 servings, use 4 pans (3 lb 12 oz batter per pan). 3. Mix brown sugar and margarine together and sprinkle over the batter before baking. Bake in conventional oven at 350° F for 30 minutes or in a convection oven at 325° F for 20-25 minutes. <i>Note:</i> Coffee cake can be made the day ahead and then warmed in the proofing cabinet before drizzling with glaze right before serving. 4. Combine milk, powdered sugar, and vanilla. Drizzle over the coffee cake. 5. For 24 servings, cut each pan 4 x 6. 6. Wrap pieces individually in foil for Grab & Go service.
Eggs, large	1 lb	8	
Milk, low-fat	4 lb		
Oil, vegetable	1 lb		
Frozen Orange Juice Concentrate		2 2/3 cups	
Applesauce, unsweetened, canned	1 lb		
Pan release spray		As needed	
Sugar, brown	2 lb		
Margarine	8 oz		
Glaze:			
Milk, low-fat		1 cup	
Sugar, powdered	1 lb 12 oz		
Vanilla		1 Tbsp 1 tsp	

Total Yield	Number of Pans: 4	Equipment (if not specified in procedures above):
Weight:	Pan Size: 12" x 20" x 2 ½"	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 268
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.16
						Sodium (mg): 284
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-13
Adapted from: USDA Recipe (Sauces, Gravies, Seasonings G-09)

RECIPE NAME: Spiced Apple Topping

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 48	
Portion Size: 1 each	
Serving Utensil: #12 Scoop (1/3 cup)	
Servings Per Pan: 48	

Ingredients:	Weight	Measure	Procedure:
Margarine or butter	2 oz	¼ cup	1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle. 2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. 3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth. 4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor. 5. Optional: For each 1 gallon, add 1 cup of raisins to the apples for a more flavorful topping. CCP: Hold at 135° F or higher for hot service. 6. Serve over waffles or pancakes.
Honey	1 lb 8 oz	3 cups	
Apple juice		1 qt 1 ½ cups	
Cornstarch	2 ¼ oz	½ cup	
Cinnamon, ground		1 Tbsp	
Ground nutmeg		1 ½ tsp	
Vanilla		2 tsp	
Apples, sliced, canned, unsweetened	4 lb 2 oz	2 qt (2/3 No. 10 can)	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: 8 lb 6 oz Measure (volume): 1 gallon	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate:						Calories: 92	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.24	
						Sodium (mg): 13	
Fruits	1/8 cup						
Grains							

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-14
Adapted from: American Egg Board

RECIPE NAME: Spicy Egg Taco

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 taco	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Eggs	5 lb 8 oz	50 large	1. Preheat oven to 300° F. 2. Beat eggs. Cook and scramble eggs in small batches in spray-coated over medium heat until firm throughout with no visible liquid egg remaining. Stir in taco seasoning, cheese, and onion. CCP: Heat eggs to an internal temperature of 165° F or higher for 15 seconds. 3. Portion about 1/3 cup egg mixture into each taco shell. Transfer tacos to baking pans. 4. Bake 5-8 minutes, until tacos are heated through. CCP: Hold at 135° F or higher for hot service. 5. Serve with ¼ cup salsa. 6. Individually wrap each taco in foil for Grab & Go service.
Taco Seasoning	1.5 oz	¼ cup	
Cheddar cheese, reduced fat, shredded, USDA Foods 100012	1 lb		
Onion, diced	4 oz	1 cup	
Hard taco shells, WG corn, 0.5 oz each	1 lb 9 oz	50	
Salsa, USDA Foods 100330	6 lb	3 qt ½ cup	

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:	2.25 oz eq.					Calories: 171
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.3
			¼ cup			Sodium (mg): 234
Fruits						
Grains	0.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-15
Adapted from: Iowa Gold Star Recipes

RECIPE NAME: Strawberry Applesauce

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: ½ cup	
Serving Utensil: No. 8 scoop	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Sliced apples, canned, USDA Foods 100206 Cinnamon stick Water Sugar Strawberries, fresh or frozen	25 lb 6 oz	4 No. 10 cans 4 sticks 1 cup 1 cup 1 qt	1. Heat apples in steam jacketed kettle or tilt skillet. 2. Add cinnamon sticks, water, and sugar. 3. Cook until apples are tender. 4. Add strawberries and cook for 5 minutes. 5. Remove from heat and press through strainer. 6. Stir until smooth. 7. Serve warm or chilled: CCP: If serving warm, hold for hot service at 135° F or higher. 8. If serving chilled: CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours. CCP: Hold at or below 41° F before and during cold service.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories: 45	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0	
						Sodium (mg): 5	
Fruits	½ cup						
Grains							

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-16
Adapted from: Healthier Kansas Recipe B-93

RECIPE NAME: Western Omelet Quesadilla

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 each	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Tortilla, whole wheat, 1 oz Eggs, large Milk, low-fat Onion powder Pepper, black Ham, USDA Foods #100184, diced Onions, AP Green peppers, AP Pepper Jack cheese, reduced fat, shredded Pan release spray	1 lb 2 lb 4 oz 2 lb 4 oz 2 lb 8 oz 3 lb As Needed	100 each 57 2 cups 2 tsp 1 tsp	<ol style="list-style-type: none"> Line sheet pans (18" x 26" x 1") with pan liners. Dice onion and peppers. Beat eggs. Blend eggs, milk, granulated onion, black pepper, onions, green peppers and ham. Pour into 2" steam table pans sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs. CCP: Heat eggs to an internal temperature of 165° F or higher for 15 seconds. Add cheese to egg mixture and stir to melt. With a #16 scoop (¼ cup), place 1 scoop egg mixture on half a 6" tortilla. Fold the tortilla in half and shingle quesadillas on lined sheets. Bake in convection oven at 350° F for 8-10 minutes and rotate pans half way through. Bake until tops are golden brown. CCP: Hold at 135° F or higher for hot service. Wrap quesadillas in foil individually for Grab & Go service.

Total Yield	Number of Pans: 5	Equipment (if not specified in procedures above):
Weight:	Pan Size: 18" x 26" x 1"	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:	1.75 oz eq.					Calories: 165
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.8
						Sodium (mg): 406
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

RECIPE NAME: Yogurt Parfait

Grade Group: K-12	HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 25	
Portion Size: 1 parfait	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Granola, WIDPIB Recipe #7 Vanilla Yogurt, low fat Blueberries, frozen, thawed, drained		2 qt 1 3/8 cup 3 qt 1/2 cup 3 qt 1/2 cup	1. Combine #10 scoop granola, #8 scoop yogurt, and #8 scoop blueberries in an individual serving dish. 2. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. CCP: Hold at or below 41° F for service.

Total Yield	Number of Pans:	Equipment (if not specified in procedures above):
Weight: Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	1 oz eq.					Calories: 299
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.40
						Sodium (mg): 151
Fruits	1/2 cup					
Grains	1.25 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

On, Wisconsin! Menus – Breakfast Recipes

File No: WIDPIB-18
Adapted from: Healthier Kansas Recipe 183

RECIPE NAME: Yummy Mixed Fruit Cup

Grade Group: K-12			HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50			
Portion Size: 1 cup			
Serving Utensil: 1 cup spoodle			
Servings Per Pan:			
Ingredients:	Weight	Measure	Procedure:
Apples, fresh Bananas, fresh Fruit cocktail, light syrup	6 lb 4 oz 10 lb 4 oz	1 gal 2 cups 3 qt 2 cups 2 No.10 cans	1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Drain. 2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 3. Slice bananas. 4. Mix fresh fruit with canned fruit. 5. Chill thoroughly. CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:		Equipment (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size:		

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate						Calories: 92
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0
						Sodium: 4
Fruits	1 cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other