

BIC HBE & Graham Crackers

Recipe: R-3781 **HACCP Process:** No Cook
of Servings: 144.00 **Serving Size:** 1 Boat **Source:** Hillsborough County SD, FL
Grams Per Serving: 79.00 **Ounces Per Serving:** 2.8 **Meal Components:** 1.5 oz. eq. meat/meat alternative and 1 oz. eq. whole grain-rich

Ingredients	Measurements	Directions
Egg, Hard Cooked, Peeled, Refrigerated	144 LARGE	1. Ingredients:
Graham Crackers	144 POUCHES	
		2. One Day Prior to Service: Directions: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation, including 5 oz. black bowl with lid and place at work station. CCP: Prepare foods at room temperature in two hours or less.
		3. Prep: Wash hands thoroughly and put on gloves. Set out small bowls or large souffles and place one HBE into each. Place lid securely on the egg. NOTE: up to this step can be completed one day prior to service by placing cupped eggs into cooler overnight. CCP: Never handle ready to eat foods with bare hands CCP: Hold below 41°F CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.
		4. Directions: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Prep: pull cupped eggs, graham crackers and paper boats and place at workstation. CCP: Prepare foods at room temperature in two hours or less. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.
		5. Prep: place one cupped egg and one package of graham crackers into each boat. Tray on rolling rack and hold for service in the cooler if service does not start for longer than 15 minutes.
		6. Serve: one BIC Boat with one HBE and graham crackers. Each BIC Boat provides 1.5 oz. eq. meat/meat alternate and 1 oz. eq. whole grain-rich.

Notes:

Production Notes: Note: when using pillow packed HBE, the shelf life once the pouch is open is generally one week but check with your supplier for shelf life.

Serving Notes: Each BIC Boat weights 79.00 grams or 2.8 ounces
 Each BIC Boat provides 1.5 oz. eq. meat/meat alternative and 1 oz. eq. whole grain-rich.

Nutrients Per Serving:

(per 1 Boat)

Calories	197.500	Trans Fat (gm)	0.000	Iron (mg)	1.315
Protein (gm)	8.290	Chol (mg)	186.500	Calc (mg)	125.000
Carb (gm)	21.560	Vit A (IU)	760.000	Sodium (mg)	177.000
Tot Fat (gm)	8.805	Vit C (mg)	0.000	Fiber (gm)	1.000
Sat Fat (gm)	2.633			Sugars (gm)	8.560

Note: * means nutrient data is missing or not available.**Meal Components:**

(per 1 Boat)

Fruit (Cups)	Vegetables (Cups)				
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	1.000	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	1.500	Fluid Milk (Cups)

Allergens:**Eggs, Wheat, Soybeans**