

Birds Nest Eggs

Recipe:	R-3800	HACCP Process:	Same Day Service		
# of Servings:	96.00	Serving Size:	1 Serving	Source:	Mentor PS, OH
Grams Per Serving:	88.49	Ounces Per Serving:	3.12	Meal Components Provided: 2.25 oz. eq. meat/meat alternative and 1 oz. eq. wgr	

Ingredients	Measurements	Directions
Fresh Shell Eggs	8 Dozen Eggs, Large	1. Ingredients: 2. Directions: Pre-Prep: Day of Service: Clean and Sanitize workstation. Pull sheet pans and cover with parchment paper. Spray with pan spray. 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.
Sliced Bread, WGR	96 SLICE REGULAR	
USDA Shredded Cheddar Cheese, R/F, Material #100012	3 LB	
Pan Spray	1 OZ	
		3. Prep: Wash hands thoroughly. Pull bread from dry storage and place at workstation. Pull shell eggs and shredded cheese and place at workstation. Wash hands thoroughly and put on gloves. CCP: Prepare foods at room temperature in two hours or less.
		4. Prep: Lay out bread on sheet pans in single layer. With a spoodle or cup, gently press down the middle of the bread to form an indent. Crack one large shell egg into each indented bread, Sprinkle each with ½ ounce of shredded cheese using a #30 disher.
		5. Cook: Bake in 350° F convection oven for 10 - 12 minutes or until eggs are set. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.
		6. Hold: Place Bird's Nest Eggs in warmer and hold above 140° until service. CCP: Hold above 135°F
		7. Serve: 1 Bird's Nest Eggs Each serving provides 2.25 oz. eq. meat/meat alternative and 1 oz. eq. wgr. CCP: Hold above 135°F

Notes:

Production Notes: Nutritional information is based on the Food Buying Guide and Product Formulation Statements
 This recipe is shared from Mentor Public Schools, Mentor OH. They sprinkle each with a dash of salt and pepper which I omitted here.

Serving Notes: Serve: 1 Bird's Nest Eggs
 Each serving provides 2.25 oz. eq. meat/meat alternative and 1 oz. eq. wgr.
 Each serving weighs 88.49 grams or 3.12 ounces.
 Mentor PS also shared that the kids love adding hot sauce to this popular, protein packed breakfast.

Nutrients Per Serving:

(per 1 Serving)

Calories	174.552	Trans Fat (gm)	0.000	Iron (mg)	1.483
Protein (gm)	11.983	Chol (mg)	195.000	Calc (mg)	165.603
Carb (gm)	12.086	Vit A (IU)	500.000	Sodium (mg)	294.966
Tot Fat (gm)	8.828	Vit C (mg)	0.000*	Fiber (gm)	0.993
Sat Fat (gm)	3.666			Sugars (gm)	1.490

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

(per 1 Serving)

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.)	2.250	Fluid Milk (Cups)

Allergens:**Milk, Eggs, Wheat**

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.