

# LCPS

## Recipe

Mar 15, 2018

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**Recipe: 001987 Breakfast Burrito Bowl**

Recipe Source:  
Recipe Group: BREAKFAST

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
Number of Portions: 31  
Size of Portion: servings

<p>903697 Tortilla, 8", Hearty Grains #33824..... 904315 Eggs, Scrambled - Sunny Fresh #40827..... 904101 Tater Tots - Simplot #4189.....</p>	<p>31 Tortilla 51 grams 3 LB + 14 OZ 1 Bag - 5#</p>	<p>Thaw flour tortillas at room temperature one day prior to service.</p> <p>Thaw eggs one day prior to service. Place bags of eggs on sheet pans and thaw under refrigeration for 24 hours prior to use.</p> <p>CCP: Thaw eggs in refrigerator at 41°F or below.</p> <p><b>Wash your hands.</b></p> <p>Heat convection oven to 450°F 15 minutes prior to use.</p> <p>Prepare tater tots according to recipe #443.</p> <p>Bake in 450°F convection oven for approximately 10 to 15 minutes.</p> <p>CCP: Heat to 145°F for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135°F or higher.</p>
		<p>Prepare scrambled eggs according to recipe #1984.</p> <p>CCP: Heat to 165°F for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135°F or higher.</p>

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<p>903807 Cheese, Cheddar, Shredded-Bongards #75519-1...</p>	<p>2 CUP</p>	<p>Measure cheddar cheese and place in small bowl on ice for service.</p> <p>Prepare Sriracha sour cream according to recipe #1986 to serve with breakfast bowl. Place in squeeze bottle on cold bar.</p> <p>CCP: Hold at 41°F or below for service.</p> <p>Just before service place flour tortilla in warmer to soften.</p> <p>Prepare cold bar for toppings: jalapeno slices black olive slices salsa chopped cilantro Sriracha sour cream</p>
		<p>Serve: serve in 3# paper boat</p> <p>Layer as follows: flour tortilla - spread out in boat 8 tater tots 1/4 cup - #16 scoop of scrambled eggs 1 tablespoon of shredded cheddar cheese</p> <p>Burrito bowl may be topped with items from the cold bar.</p> <p>Yields: 2 oz meat/meat alternate, 1/2 cup of starchy vegetable, 1.75 oz equivalent grains - this is a complete breakfast meal at all grade levels.</p>

\*Nutrients are based upon 1 Portion Size (servings)

Calories	397 kcal	Cholesterol	197.74 mg	Sugars	2.00 g	Calcium	191.61 mg	45.44%	Calories from Total Fat
Total Fat	20.06 g	Sodium	693.12 mg	Protein	12.67 g	Iron	2.21 mg	13.22%	Calories from Saturated Fat
Saturated Fat	5.84 g	Carbohydrates	40.88 g	Vitamin A	264.52 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.98 g	Vitamin C	2.06 mg	Ash <sup>1</sup>	0.00 g	41.15%	Calories from Carbohydrates
								12.75%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... 2.000 oz			Y - Milk	N - Peanut	
Grain..... 1.750 oz			Y - Egg	N - Tree Nut	
Fruit..... cup			Y - Soy	N - Fish	
Vegetable..... 0.500 cup			Y - Wheat	N - Shellfish	
Milk..... cup					
<b>Moisture &amp; Fat Change</b>					
Moisture Change. 0%					
Fat Change..... 0%					
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903697	Tortilla, 8", Hearty Grains #33824			
I	904315	Eggs, Scrambled - Sunny Fresh #40827			
I	904101	Tater Tots - Simplot #4189			
I	903807	Cheese, Cheddar, Shredded-Bongards #75519-1			

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