

South Pasadena USD Food Services

Recipe: 000654 *Burrito, Breakfast- SPHS

Recipe Source: spUSD
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 75
Size of Portion: Burritos

902833 *Tortilla, Flour, 8" WG, Romero's..... 001123 *EGG, WHOLE, RAW, FRESH..... 002047 SALT, TABLE..... 901405 PEPPER, BLACK, GROUND..... 990227 *Milk, Lowfat 1% 8oz -Driftwood..... 902010 *Cheese, Cheddar Shred, USDA..... 990086 *Cheese, Mozzarella Shred -LandOLakes..... 903260 *Potatoes, Hash Brown Oval, Simplot 213/cs... R000658 *Salsa, Green Sauce w/ Avocado.....	75 (1 Tortilla) 60 large 1 TBSP 1 TBSP 16 OZ 37 1/2 OZ 37 1/2 OZ 37 1/2 (1 Each= 1/4 c Veg) 75 (1 oz serving)	1. Crack and whisk eggs with salt, pepper, and milk. Place in 200 pan in steamer for 5 minutes. Remove and whisk to break up. Steam for an additional 3-5 minutes until cooked soft. 2. Crisp hash browns in the oven. Heat to 140°. Remove and cut in half lengthwise. 3. Heat tortillas over the stove. 4. Layer 14" foil papers with red checker paper (to absorb moisture). 5. Lay tortilla on the paper. 6. Build the burrito: #16 scoop egg, half hash brown oval, #16 scoop shredded cheese, 1 oz green sauce (Use squirt bottle). 7. Fold burrito tight, then wrap with paper lined foil. 8. Place in 325° oven for 15 minutes until heated through to 140*.
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*Nutrients are based upon 1 Portion Size (Burritos)

Calories	385 kcal	Cholesterol	171.75 mg	Sugars	*0.23* g	Calcium	370.64 mg	45.27%	Calories from Total Fat
Total Fat	19.35 g	Sodium	656.85 mg	Protein	17.95 g	Iron	2.81 mg	17.96%	Calories from Saturated Fat
Saturated Fa	7.68 g	Carbohydrate	35.24 g	Vitamin A	434.24 IU	Water ¹	*36.21* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.34 g	Vitamin C	4.38 mg	Ash ¹	*0.91* g	36.65%	Calories from Carbohydrates
								18.67%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.5 oz		Y - Milk	N - Peanut	
Grain..... 1.5 oz		Y - Egg	N - Tree Nut	
Fruit..... cup		Y - Soy	N - Fish	
Vegetable..... 0.125 cup		Y - Wheat	N - Shellfish	
Milk..... cup				
<u>Moisture & Fat Change</u>				
Moisture Change	0%			
Fat Change.....	0%			

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South Pasadena USD Food Services

Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902833	*Tortilla, Flour, 8" WG, Romero's			
I	001123	*EGG,WHOLE,RAW,FRESH			
I	002047	SALT,TABLE			
I	901405	PEPPER, BLACK, GROUND			
I	990227	*Milk, Lowfat 1% 8oz -Driftwood			
I	902010	*Cheese, Cheddar Shred, USDA			
I	990086	*Cheese, Mozzarella Shred -LandOLakes			
I	903260	*Potatoes, Hash Brown Oval, Simplot 213/cs			
R	000658	*Salsa, Green Sauce w/ Avocado			

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South Pasadena USD Food Services

Recipe: 000658 *Salsa, Green Sauce w/ Avocado

Recipe HACCP Process: #1 No Cook

Recipe Source: spUSD
Recipe Group: SAUCE

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 oz serving

902868 *Tomatillos, Canned..... 011282 *ONIONS, Yellow RAW..... 900168 *JALAPENO PEPPERS,WHOLE..... 011215 *GARLIC,RAW..... 009037 AVOCADOS,RAW,ALL COMM VAR... 799968 *CILANTRO..... 002047 SALT, TABLE.....	1 (1 can) 1 medium (2-1/2" dia) 2 OZ 5 cloves 1 LB 1 Bunch 2 TSP	1. Drain tomatillos and reserve liquid. 2. In a 5-6 qt container add all ingredients: Roughly chopped onion, stemmed and halved jalapenos, peeled garlic, stemmed cilantro, avocado, tomatillos, and salt. 3. Add 3 cups reserved tomatillo liquid (add water if needed to make 3 cups). 4. Using a large immersion blender, puree ingredients to a smooth salsa. 5. Taste and adjust seasoning as needed. 6. YIELDS approx. 3 quarts. Notes: 1. Use less jalapeno for elementary sites. 2. Avocado may be omitted for a less creamy version. 3. More water may be added for chile verde sauce. 3. Blenders or food processor may also be used.
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*Nutrients are based upon 1 Portion Size (1 oz serving)

Calories	40 kcal	Cholesterol	0.00 mg	Sugars	*0.08* g	Calcium	75.57 mg	15.01%	Calories from Total Fat
Total Fat	0.67 g	Sodium	121.37 mg	Protein	2.11 g	Iron	0.75 mg	2.18%	Calories from Saturated Fat
Saturated Fa	0.10 g	Carbohydrate	6.57 g	Vitamin A	11.13 IU	Water ¹	*5.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.34 g	Vitamin C	1.87 mg	Ash ¹	*0.24* g	65.70%	Calories from Carbohydrates
								21.13%	Calories from Protein

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.125 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902868	*Tomatillos, Canned			
I	011282	*ONIONS, Yellow RAW			
I	900168	*JALAPENO PEPPERS,WHOLE			
I	011215	*GARLIC,RAW			
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	799968	*CILANTRO			
I	002047	SALT, TABLE			

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