

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%				

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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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