

Recipe Prep Sheet

Eagle Mountain-Saginaw ISD

990204 - Tater Tot Breakfast Bowl

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 30

Portion Size: serving

**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 required nutrient values

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

NOTICE: The data contained within this report and the Mosaic® 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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Ingredient #	Ingredient Name	Measurements	Instructions
903138	Tater Tots, McCain, Low Sodium 2789	5 LB	<p>Preheat oven to 425 degrees F. Place tater tots on baking sheet and cook from frozen for 12-17 minutes. Hold tater tots hot for service.</p> <p>CCP: Heat to 145° F or higher for at least 15 Seconds</p> <p>CCP: Hold at 135° F or higher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
902851	Eggs, Whole frozen, Pasteurized, Raw'	1 LB + 14 oz	<p>Preheat oven to 325 degrees F. Lightly spray full pan with non-stick spray.</p> <p>In a medium bowl, whisk together eggs, milk, salt, pepper, and onion powder.</p> <p>Pour egg mixture into baking pan. Bake for 10 minutes or until reaches 165 degrees F internal temperature. Stir eggs so that they resemble scrambled eggs. Hold eggs hot for service.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold at 135° F or higher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
902666	Salt, Table (per USDA Nutrient Database)	1/4 tsp	
903220	PEPPER BLACK, GROUND	1 1/4 TSP	
902747	Milk, Lowfat, White	1 1/2 CUP	
002026	ONION POWDER	1/2 TBSP	
991546	Chicken Nuggets, Tyson Mega Minis WG, MWWM Chunks	150 piece	<p>Cook frozen chicken nuggets at 350° F for 6-8 minutes or until internal temperature of 165°F is reached. Hold hot for service.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold at 135° F or higher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
R-000474	Country Gravy'	3 3/4 cup	<p>At time of service, place 2 and 2/3 oz (2.67 ounce) tater tots in bowl. This is about 9 tots. Place 1 ounce scoop of eggs on top of tater tots (#30 scoop). Top with 5 chicken nuggets. Offer with 1/8 cup gravy.</p>

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*Nutrients are based upon 1 Portion Size (serving)

Calories ¹	290.348 kcal	Total Fat	12.915 g	Total Dietary Fiber	1.809 g	Vitamin C	0.787 mg	40.032% Calories from Total Fat
Saturated Fat ¹	2.176 g	Trans Fat ²	0.000 g	Protein	17.637 g	Iron	5.279 mg	6.746% Calories from Sat Fat
Sodium ¹	660.343 mg	Cholesterol	135.835 mg	Vitamin A	227.496 IU	Water	*29.602* g	0.000% Calories from Trans Fat
Sugars	1.608 g	Carbohydrate	26.908 g	Calcium	46.612 mg	Ash	*N/A* g	37.070% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.258			24.298% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	1 oz eq	Grain	oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

Allergens							
Milk	Egg	Soy	Wheat				

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