

# Egg Taquito

|                    |        |                    |                  |   |                                    |
|--------------------|--------|--------------------|------------------|---|------------------------------------|
| Recipe:            | R-2776 | HACCP Process:     | Same Day Service |   |                                    |
| # of Servings:     | 400.00 | Serving Size:      | 1 Taquito        | Source:   | <b>Darby School District #9 MT</b> |
| Grams Per Serving: | 76.68  | Ounces per Serving | 2.70             | Each taquito provides 1.50 oz. eq. meat/meat alternative and 1 oz. eq. whole grain. |                                    |

| Ingredients  | Measurements  | Directions  |
|--|---------------|---|
| USDA Frozen Liquid Egg<br>Material#100045              | 30 LB         | 1. Ingredients:   |
| FC Savory Turkey Crumble                               | 5 LB          |   |
| USDA Shredded Cheddar Cheese,<br>R/F, Material #100012 | 8 LB          |   |
| Thick White Corn Tortillas, 6"                         | 400 TORTILLAS |   |
| Salt   | 2 TBSP        |   |
| Black Pepper   | 1 TBSP GROUND |   |
| Pan Spray  | 1 OZ          |   |
|  |               | 2. Pre-Prep: 3 Days prior to service:<br>Pull eggs from freezer. Open cases and remove cartons from case.<br>Place cartons on sheet pans with space between to allow for thawing.<br>Place pans on lowest available shelf in cooler to thaw.<br>Wash hands thoroughly.  |
|  |               | 3. 1 Day prior to service:<br>Pre-Prep:<br>Pull sausage crumbles and tortillas from freezer.<br>Place on a sheet pan, single layer in packages.<br>Place in cooler to thaw overnight.<br>Place sausage crumbles on lowest shelf.<br>Wash hands thoroughly.<br><b>CCP: Hold below 41°F</b>   |
|  |               | 4. Day of Service:<br>Pre-Prep: Clean and sanitize workstation.<br>Pull all ingredients and place at workstation.<br>Wash hands thoroughly.<br>Place unopened tortillas in a single layer on sheet pans.<br>Place in warmer set to 140°F to warm tortilla prior to rolling.<br>Note: if tortillas are cold they will break when you try to roll them,<br><b>CCP: Prepare foods at room temperature in two hours or less.</b><br><b>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.</b> |
|  |               | 5. Cook:<br>Prep: Follow your school recipe for scrambled eggs.<br>OR:<br>Whisk eggs with salt and pepper. Add sausage crumbles and cheese.<br>Place in preheated 325°F convection or combi oven. Bake for 15 minutes, whisk eggs mix. Bake for an additional 15 minutes or until an internal temperature of 165°F is reached.<br><b>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds</b><br><b>CCP: SOP: Batch cook as necessary for best product and nutritional.</b>   |
|  |               | 6. Prep:<br>Layout warm corn tortillas<br>Using a #16 disher, add ¼ cup of egg mixture to each.<br>Roll up and place on full sheet pans, lined with parchment paper.<br><b>CCP: Hold above 135°F</b>  |

**CCP: Prepare foods at room temperature in two hours or less.**

7. Cook:  
Bake taquitos at 350°F for 20 minutes.

8. Hold:  
Place taquitos in warmer and hold above 140°F for service.

**CCP: Hold above 135°F**

9. Serve:  
For a K - 12 school, serve one taquito to K-5 and two taquitos for 6 - 12.  
Each taquito provides 1.50 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

**CCP: Never handle ready to eat foods with bare hands**

**Notes:**

**Production Notes:** Note: can use pre-cooked scrambled eggs to speed up production.  
Note: if you have your own scrambled egg recipe, please follow that for your equipment and SOP's.  
Note: retherm ingredients following your equipment and SOP's.  
All meal components are credited using the Food Buying Guide and USDA Product Information Sheets.  
Ask you supplier for the Product Formulation Statement for the corn tortilla.

**Serving Notes:** Each serving of one egg and cheese taquito provided 1.50 oz. eq. meat/meat alternative and 1 oz. eq. whole grain  
Each taquito weighs 76.68 grams or 2.70 ounces.  
This entree is great for All Day Breakfast.

Darby SD #9 serves the taquitos with salsa and sour cream which was not included in the nutritional analysis.

| Nutrients Per Serving: |         | ( per 1 Taquito ) |         |             |         |
|------------------------|---------|-------------------|---------|-------------|---------|
| Calories               | 144.602 | Trans Fat (gm)    | 0.000   | Iron (mg)   | 1.059   |
| Protein (gm)           | 8.943   | Chol (mg)         | 156.254 | Calc (mg)   | 104.150 |
| Carb (gm)              | 12.689  | Vit A (IU)        | 249.953 | Sodium (mg) | 173.244 |
| Tot Fat (gm)           | 6.491   | Vit C (mg)        | 0.108   | Fiber (gm)  | 2.004   |
| Sat Fat (gm)           | 2.475   |                   |         | Sugars (gm) | 1.590   |

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

| Meal Components:            |            | ( per 1 Taquito )           |                    |         |                   |  |
|-----------------------------|------------|-----------------------------|--------------------|---------|-------------------|--|
|                             |            | -----Vegetables (Cups)----- |                    |         |                   |  |
| Fruit (Cups)                | Dark Green | Red/Orange                  | Beans/Peas         | Starchy | Other             |  |
| Whole Grain- Rich (Oz. Eq.) | 1.000      | Enriched Grain (Oz. Eq.)    | Meat/Alt (Oz. Eq.) | 1.500   | Fluid Milk (Cups) |  |

**Allergens:**  
Milk, Eggs