




Staunton City School Nutrition Program Menus

RECIPE: Egg & Avocado Toast			RECIPE# SCS EGG-T
Grade Group: 6-12		HACCP Process	
Number of Portions: 12		#1 No cook	
Portion Size: 1 sandwich		#2 Cook and Serve Same Day	
Serving Utensils: Gloves, 6 " Portion Control Container		#3 Includes cooling Step	
Servings Per Pan: 12			
INGREDIENTS	WEIGHT	MEASURE	PROCEDURE
Boiled Egg, Medium Whole Grain English Muffin Whole large ripe Avocados Olive Oil 		12 each 12 each 3 each 6 Tbsps.	<ol style="list-style-type: none"> 1. Preheat the oven to 350° 1. Line Baking Sheet with parchment paper, lay opened faced each English muffin onto lined sheet 2. evenly spread ½ tsp olive oil on each muffin half 3. Slow-Toast your muffins on the middle rack of the oven for 10 minutes, turning over at 5 minutes 4. Cut the avocado in half. Using a sharp chef's knife, slice through the avocado lengthwise until you feel the knife hit the pit. Separate avocado into two even halves. Remove the pit. Slice 6 – 3 even lengthwise cuts through avocado, being careful not to cut through the peel. Scoop out slices with sturdy tablespoon. 5. Wet knife blade in between slices, slice boiled eggs in 4 even coin shapes 6. Remove toasted muffins from oven, add 4 egg slices and 3 4 slices of avocado. 7. Box in grab and go service container



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						<p>CCP: Before preparing food, wash your hands with warm water and soap for 20 seconds. Countertops and cutting boards should be washed & sanitized</p> <p>Cold foods ≤ 41°F (5°C). Hold cold foods at 41 degrees Fahrenheit or less and check the temperature every four hours. If the temperature of the food at four hours is greater than 41 degrees Fahrenheit, the food must be discarded.</p>
Total yield: 12 Portions			Number of pans: ADP			https://toriavey.com/how-to/how-to-slice-an-avocado/
Weight:			Pan Size: full size sheet pan 26X18			*sprinkled with light salt & pepper, or other favorite seasoning blend
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		3 oz eq				Calories: 245
Vegetable Subgroups		D/G	B/P	R/O	S	Saturated Fat: 2.9
					O	
Fruits		* Offer up to 1 full Cup Fruit/Veg Serving				Sodium: 421 mg
Grains		2oz eq				Protein: 24.7

Na k-5 < 1230 Cal 550-650 Sat fat <10 trans fat 0

Na 6-8 < 1360 Cal 6-8 600-700 Sat fat <10 trans fat 0

Na 9-12 <1420 Cal 9-12 750-850 Sat fat <10 trans fat 0

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other