

# Sausage Egg & Cheese Taco

|                    |        |                    |                  |                                                                                   |                                 |
|--------------------|--------|--------------------|------------------|-----------------------------------------------------------------------------------|---------------------------------|
| Recipe:            | R-2777 | HACCP Process:     | Same Day Service |                                                                                   |                                 |
| # of Servings:     | 100.00 | Serving Size:      | 1 Taco           | Source:                                                                           | <b>Sandusky City Schools OH</b> |
| Grams Per Serving: | 115.70 | Ounces per Serving | 4.07             | Each taco provides 2 oz. eq. meat/meat alternative and 1 oz. eq. whole grain rich |                                 |

| Ingredients                      | Measurements  | Directions                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.5" Round Egg Patty             | 100 PIECES    | 1. Ingredients:                                                                                                                                                                                                                                                                                                                                                                 |
| Turkey Sausage Patty, R/S        | 100 PATTY     |                                                                                                                                                                                                                                                                                                                                                                                 |
| USDA Sliced American Cheese, R/S | 100 SLICES    |                                                                                                                                                                                                                                                                                                                                                                                 |
| White Wheat Tortilla, 6.25"      | 100 TORTILLAS |                                                                                                                                                                                                                                                                                                                                                                                 |
|                                  |               | 2. Day of Service: Pre-Prep:<br>Clean and sanitize work station.<br>Pull all ingredients and place at work station.<br><br><b>CCP: Prepare foods at room temperature in two hours or less.</b>                                                                                                                                                                                  |
|                                  |               | 3. Prep:<br>Wash hands thoroughly.<br>On a lined sheet pan assemble breakfast taco: tortilla, sausage, cheese, and then egg patty.<br>Fold taco over and place in single layer on sheet pan.<br><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> |
|                                  |               | 4. Cook:<br>In pre-heated convection or combi oven, bake egg tacos for 15 - 18 minutes or until an internal temperature of 165°F is reached.<br><br><b>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds</b><br><b>CCP: Batch cook as necessary to insure best end product and nutritional.</b>                                                        |
|                                  |               | 5. Hold:<br>Hold in warmer uncovered above 140°F.<br><br><b>CCP: Hold above 135°F</b>                                                                                                                                                                                                                                                                                           |
|                                  |               | 6. Serve: 1 egg, sausage and cheese taco<br>One egg, sausage and cheese taco weighs 115.70 grams or 4.07 ounces.<br>Each taco provides 2 oz. eq. meat/meat alternative and 1 oz. eq. whole grain rich.<br><br><b>CCP: Hold above 135°F</b>                                                                                                                                      |
| Pan Spray                        | 1 OZ          | (No Directions)                                                                                                                                                                                                                                                                                                                                                                 |

## Notes:

Production Notes: Note: you may chose to heat each component and assemble warm.

Serving Notes: One egg, sausage and cheese taco weighs 115.70 grams or 4.07 ounces.  
Each taco provides 2 oz. eq. meat/meat alternative and 1 oz. eq. whole grain rich.

This entree is great for All Day Breakfast or on your taco bar.

**Nutrients Per Serving:** ( per 1 Taco )

|              |         |                |         |             |          |
|--------------|---------|----------------|---------|-------------|----------|
| Calories     | 283.450 | Trans Fat (gm) | 0.000   | Iron (mg)   | 2.538*   |
| Protein (gm) | 16.695  | Chol (mg)      | 135.350 | Calc (mg)   | 129.236* |
| Carb (gm)    | 17.065  | Vit A (IU)     | 742.015 | Sodium (mg) | 501.050  |
| Tot Fat (gm) | 16.180  | Vit C (mg)     | 0.021*  | Fiber (gm)  | 2.000    |
| Sat Fat (gm) | 5.842   |                |         | Sugars (gm) | 3.355    |

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

**Meal Components:** ( per 1 Taco )

| Fruit (Cups)                | ----- Vegetables (Cups) ----- |                          |            |                    |                   |
|-----------------------------|-------------------------------|--------------------------|------------|--------------------|-------------------|
|                             | Dark Green                    | Red/Orange               | Beans/Peas | Starchy            | Other             |
| Whole Grain- Rich (Oz. Eq.) |                               | Enriched Grain (Oz. Eq.) | 1.000      | Meat/Alt (Oz. Eq.) | 2.000             |
|                             |                               |                          |            |                    | Fluid Milk (Cups) |

**Allergens:**

**Milk, Eggs, Wheat, Soybeans**