

Top Your Omelet with Ham & Cheese

Recipe:	R-2758	HACCP Process:	Same Day Service	
# of Servings:	96.00	Serving Size:	1 Omelet	Source: Sycamore SD Ohio
Grams Per Serving:	119.88	Ounces per serving:	4.23	Each Turkey ham and cheese omelet provides 3 oz. eq. meat/meat alternative.

Ingredients	Measurements	Directions
Cheddar Cheese Omelet	100 CHEDDAR CHEESE OMELETS	1. Ingredients:
USDA Turkey Ham, Lower Sodium, Material #100126	10 LB.	
USDA Shredded Cheddar Cheese, R/F, Material #100012	3 LB.	
Pan Spray	1 OZ	
		2. Pre-Prep: Two days prior to day of service: Pull USDA diced turkey ham from the freezer and place in a food safe container. Cover, date stamp and place on lowest shelf in the cooler to thaw. Wash hands thoroughly. CCP: Hold below 41°F
		3. Directions: Day of Service: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation. Preheat convection oven to 300°F. CCP: Prepare foods at room temperature in two hours or less 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.
		4. Wash hands thoroughly. Prep: Place omelets in a single layer on parchment paper lined sheet pans sprayed with pan coating spray, 3 x 8 layout.
		5. Wash hands thoroughly. Prep: Top each sheet pan of omelets with diced turkey ham, using 2 LB. 8 OZ. per pan. Sprinkle with cheese, using 12 ounces per pan.
		6. Cook: Place omelets in oven and bake for 15 minutes. Product must reach an internal temperature of 165°F for 15 seconds. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds
		7. Prep: Place omelets in 2-inch hotel pans, not shingled. Cover with parchment paper and place in warmers. CCP: Hold above 135°F
		8. Hold: Place in warmer maintaining an internal temperature of 140-145 degrees. CCP: Hold above 135°F
		9. Serve: One turkey ham and cheese topped omelet will provide 3 oz. meat/meat alternate. CCP: Hold above 135°F

Notes:

Production Notes: Batch cook as the holding time and heat retention is low for this type of product.
The meal component information on omelets can be provided as a Product Formulation Statement or CN label.
The meal component information used for the USDA Foods is provided by FNS.
The cheese meal components are provided by the FBG.

Serving Notes:

Each Turkey Ham and Cheese Topped Omelet weighs 119.88 grams or 4.23 oz. before cooking.
 This omelet would make a great breakfast for lunch or after school supper.

Nutrients Per Serving:

(per 1 Omelet)

Calories	229.629	Trans Fat (gm)	0.000	Iron (mg)	1.600
Protein (gm)	18.408	Chol (mg)	215.292	Calc (mg)	177.170
Carb (gm)	3.000	Vit A (IU)	278.834	Sodium (mg)	827.771
Tot Fat (gm)	16.209	Vit C (mg)	0.016	Fiber (gm)	0.000
Sat Fat (gm)	6.168			Sugars (gm)	0.569

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

Meal Components:

(per 1 Omelet)

Fruit (Cups)	Vegetables (Cups)				
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	3.000	Fluid Milk (Cups)

Allergens:

Milk, Eggs