

## School Nutrition Recipe



# Bistro Egg Sandwich (HACCP Process #1)

**Yield:** 20 servings (1 sandwich, 5.6 oz., 159 g)

**Meal Equivalencies:** 2 oz. eq. meat/meat alternate, 2 oz. eq. grain, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable

## Directions

### Day of service:

#### PRE-PREP

- Clean and sanitize prep area.
- Pull sheet pan and cover with parchment paper.
- Pull eggs from cooler and place at workstation.  
**CCP:** Prepare foods at room temperature in two hours or less.
- Wash hand thoroughly and put on gloves.  
**SOP:** Never handle ready-to-eat foods with bare hands.

## Ingredients

<b>*Hard-Boiled Eggs, Sliced</b>	2 lb. 8 oz.
Mixed Baby Greens	1 lb.
Fresh Sliced Tomatoes, RTU, 1/8" thick	1 lb. 8 oz.
WGR Kaiser Roll, 2 oz. eq. grain	20 pieces
Honey Mustard Dressing	2 1/2 cups



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## Day of service continued:

### PRE-PREP CONT.

- Slice eggs and place on sheet pan.
- Pull Kaiser rolls and honey mustard dressing and place at workstation.
- Pull mixed greens and sliced tomatoes from cooler and place at workstation.
- Set up assembly line.

### PREP

- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.
- Spread each side of the Kaiser roll with 1/2 oz. or 1 tbsp. of honey mustard dressing.
- Place 1/4 cup mixed greens or 0.8 oz. on Kaiser Roll bottom.
- Add 2 slices of fresh tomato, 1.2 oz. total or 2 – 0.6 oz. pieces.
- Top with 2 oz. of sliced whole eggs. **CCP:** Hold below 41° F.
- Add roll top and place in sandwich container.
- Wrap or drop in bag and date stamp.

### HOLD

- Place in cooler and hold until service. **CCP:** Hold below 41° F.

### SERVE

- Serve one sandwich. **CCP:** Hold below 41° F.

### \*NOTE

- 2 oz. of hard-boiled egg = 2 oz. eq. meat/meat alternate.
- If using commercial hard-boiled eggs, please refer to their nutritional information for meal equivalents.

Nutritional Facts		
<b>Serving Size 5.6 oz. (159 g)</b>		
<b>AMOUNT PER SERVING</b>		
Calories 320	Calories from Fat 190	
<b>PERCENTAGE OF CALORIES FROM</b>		
Total Fat	60%	
Saturated Fat	10%	
Protein	14%	
Carbohydrate	29%	
	<b>AMOUNT</b>	<b>% DRI*</b>
<b>Total Fat</b>	21 g	33%
Saturated Fat	3.5 g	18%
Total Trans	0 g	0%
<b>Cholesterol</b>	230 mg	77%
<b>Sodium</b>	450 mg	19%
<b>Total Carbohydrate</b>	23 g	8%
Dietary Fiber	3 g	13%
<b>Protein</b>	11 g	22%
	<b>AMOUNT</b>	<b>% DRI*</b>
Vitamin A	1574 IU	30%
Vitamin C	4 mg	6%
Calcium	80 mg	8%
Iron	2 mg	10%
*Percent of DRI is based on 2000 calorie diet.		

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