



## Protein Box Lunch K-8

(HACCP Process #1)

**Yield:** 20 servings (1 box, 13.5 oz., 380 g)

**Meal Equivalencies:** 1.75 oz. eq. meat/meat alternate, 2 oz. eq. grain, 1/4 cup dark green vegetable, 1/2 cup red/orange vegetable, 1/2 cup fruit

### Directions

#### Day of service:

##### PRE-PREP

- Clean and sanitize prep area.
- Pull baby carrots and fresh broccoli florets from cooler.
- **CCP:** Prepare foods at room temperature in two hours or less. TOTAL time of food at room temperature shall not exceed four hours.
- Wash hands thoroughly and put on gloves.

### Ingredients

<b>*Hard-Boiled Eggs, Large, Peeled</b>	20 eggs
Baby Carrots	2 lb. 8 oz.
Broccoli Florets, Fresh, RTU	1 lb.
WGR Bagel, 2 oz. eq. grain	20 pieces
Baby Tangerines	40 pieces
Ranch Dip, 1 oz. cup	20 pieces
Grape Jelly, 0.5 oz. pouches	20 pieces



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## Day of service continued:

### PRE-PREP CONT.

- In 6 oz. bowls mix 2 oz. carrots with 0.8 oz. of broccoli. Cover.
- Pull eggs, tangerines and bagels from cooler.

### PREP

- Pull clear sandwich wraps.
- Wash hands thoroughly and put on gloves. **SOP:** Never handle ready-to-eat foods with bare hands.
- Open pouches of eggs one at a time or as needed.
- Place one egg in each sandwich pouch and seal.
- Place one egg in each boat or bag.
- Add 1 bagel (wrapped in sandwich bag if not individually wrapped).
- Add 2 baby tangerines, 1 cup of ranch dip and 1 pouch of jelly.
- Add broccoli and carrot bowl.
- Wrap or seal and date stamp.

### HOLD

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

### SERVE

- 1 Box Lunch, add milk for a complete meal.

### \*NOTE

- If using commercial hard-boiled eggs, please refer to their nutritional information for meal equivalents.

Nutritional Facts		
Serving Size 13.5 oz. (380 g)		
AMOUNT PER SERVING		
Calories 500	Calories from Fat 210	
PERCENTAGE OF CALORIES FROM		
Total Fat	42%	
Saturated Fat	8%	
Protein	11%	
Carbohydrate	50%	
	<b>AMOUNT</b>	<b>% DRI*</b>
<b>Total Fat</b>	23 g	36%
Saturated Fat	4 g	21%
Total Trans	0 g	0%
<b>Cholesterol</b>	200 mg	67%
<b>Sodium</b>	530 mg	22%
<b>Total Carbohydrate</b>	62 g	21%
Dietary Fiber	8 g	33%
Sugars	3 g	0%
<b>Protein</b>	14 g	28%
	<b>AMOUNT</b>	<b>% DRI*</b>
Vitamin A	9275 IU	190%
Vitamin C	63 mg	100%
Calcium	160 mg	15%
Iron	3 mg	15%

\*Percent of DRI is based on 2000 calorie diet.

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