

School Foodservice Recipe



Power Pack Option 1

1 oz eq. Grain: A la Carte Snack Eligible
(HACCP Process #2)

Yield: 100 servings (1 package, 8 oz, 227 g)

Meal Equivalencies: 2 oz eq. meat/meat alternative,
1 oz eq. grain, 1/2 cup fruit

Ingredients

Hard-Boiled Eggs, Large, Peeled	8 doz 4 eggs
1 oz Whole Grain Soft Pretzel	100 pieces
Fresh Apples, 125-138 count, 2 3/4" dia.	100 pieces
Paper Boats	100 pieces

Directions

Day of service:

PRE-PREP

- Clean and sanitize prep area. **CCP:** Prepare foods at room temperature in two hours or less. TOTAL time of food at room temperature shall not exceed four hours.
- Prepare pretzels according to their instructions.
- Wash and air dry apples.

Power Pack Option 2

2 oz eq. Grain: A la Carte Entrée Eligible
(HACCP Process #2)

Yield: 100 servings (1 package, 6 oz, 168 g)

Meal Equivalencies: 2 oz eq. meat/meat alternative,
2 oz eq. grain, 1/2 cup fruit

Ingredients

Hard-Boiled Eggs, Large, Peeled	8 doz 4 eggs
2 oz Whole Grain Soft Pretzel	100 pieces
Fresh Apples, 2 oz pouch	100 pieces
Paper Boats	100 pieces

Directions

Day of service:

PRE-PREP

- Clean and sanitize prep area. **CCP:** Prepare foods at room temperature in two hours or less. TOTAL time of food at room temperature shall not exceed four hours.
- Prepare pretzels according to their instructions.



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Power Pack Option 1

A la Carte Snack Eligible (continued)

Day of service continued:

PRE-PREP CONT.

- Pull hard-boiled eggs from cooler and place at workstation.
- Set up assembly line.

PREP

- Pull clear sandwich wraps.
- Wash hands thoroughly and cover with 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 whole grain pretzel and fresh apple.
- Wrap or seal and date stamp.

HOLD

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

Power Pack Option 2

A la Carte Entrée Eligible (continued)

Day of service continued:

PRE-PREP CONT.

- Pull hard-boiled eggs and apple pouches from cooler and place at workstation.
- Set up assembly line.

PREP

- Pull clear sandwich wraps.
- Wash hands thoroughly and cover with 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 whole grain pretzel and fresh apple slices.
- Wrap or seal and date stamp.

HOLD

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

Nutritional Facts		
Serving Size 8 oz (227 g)		
AMOUNT PER SERVING		
Calories 220	Calories from Fat 50	
PERCENTAGE OF CALORIES FROM		
Total Fat	24%	
Saturated Fat	7%	
Protein	15%	
Carbohydrate	62%	
	AMOUNT	% DRI*
Total Fat	6 g	9%
Saturated Fat	1.5 g	8%
Total Trans	0 g	0%
Cholesterol	185 mg	62%
Sodium	130 mg	5%
Total Carbohydrate	35 g	12%
Dietary Fiber	5 g	18%
Sugars	0 g	0%
Protein	9 g	17%
	AMOUNT	% DRI*
Vitamin A	340 IU	7%
Vitamin C	7 mg	11%
Calcium	34 mg	3%
Iron	1 mg	8%

*Percent of DRI is based on 2000 calorie diet.

Nutritional Facts		
Serving Size 6 oz (168 g)		
AMOUNT PER SERVING		
Calories 250	Calories from Fat 50	
PERCENTAGE OF CALORIES FROM		
Total Fat	22%	
Saturated Fat	6%	
Protein	19%	
Carbohydrate	62%	
	AMOUNT	% DRI*
Total Fat	6 g	9%
Saturated Fat	1.5 g	8%
Total Trans	0 g	0%
Cholesterol	185 mg	62%
Sodium	210 mg	9%
Total Carbohydrate	38 g	13%
Dietary Fiber	4 g	18%
Sugars	1 g	0%
Protein	11 g	23%
	AMOUNT	% DRI*
Vitamin A	291 IU	6%
Vitamin C	0 mg	6%
Calcium	48 mg	5%
Iron	2 mg	14%

*Percent of DRI is based on 2000 calorie diet.

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