

Lakeside Union School District

Recipe: 000508 Egg and Toast Cup

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: BREAKFAST

Alternate Recipe Name:
Number of Portions: 64
Size of Portion: Servings

902488 Bread, white whole wheat Loaf, S&S.....	64 (1 slice)	Spray muffin tins with pan spray. Place 1/2 oz. slice of cheese on top of bread slice. Fold bread so that four corners are shaped into muffin tin.
050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 902373 MILK, WHITE, REDUCED FAT..... 006168 SAUCE, RTS, PEPPER OR HOT..... 002047 SALT, TABLE..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 002032 PEPPER, WHITE..... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES...	1 QT + 1 CUP 20 FL OZ 1 1/4 TSP 1/2 TSP 1/4 TSP 1/4 TSP 1/8 TSP, ground 4 LB	Combine eggs, milk, hot sauce, salt, onion powder, garlic powder and white pepper. Pour 1 ounce of liquid into each cup.
		Top each cup with 1 Tbsp. shredded cheese. Bake at 325 degrees for 15 minutes.

***Nutrients are based upon 1 Portion Size (Servings)**

Calories	205 kcal	Cholesterol	90.14 mg	Sugars	*0.00* g	Calcium	335.68 mg	31.12%	Calories from Total Fat
Total Fat	7.08 g	Sodium	629.38 mg	Protein	14.82 g	Iron	1.06 mg	17.83%	Calories from Saturated Fat
Saturated Fat	4.06 g	Carbohydrates	22.16 g	Vitamin A	1008.67 IU	Water ¹	*0.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.00 g	Vitamin C	0.82 mg	Ash ¹	*0.05* g	43.26%	Calories from Carbohydrates
								28.94%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.750 oz				? - Milk
Grain.....	1.000 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050430	EGGS, WHOLE, FROZEN, PASTEURIZED, RA			
I	902373	MILK, WHITE, REDUCED FAT			
I	006168	SAUCE,RTS,PEPPER OR HOT			
I	002047	SALT, TABLE			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	002032	PEPPER, WHITE			
I	900002	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	902488	Bread, white whole wheat Loaf, S&S			

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