BREAKFAST TACO FOR LUNCH ON-SITE (LE98) - (Breakfast Taco)

HACCP Process: Cook/Chill
Allergens: Contains Egg, Milk, Turkey, Wheat;
Meal Contribution: 2 Non-WGR, 2 Meat/MA

Number of Servings: 20.00  Serving Size: 2 Each
Moisture gain/loss%: 0.0000  Yield: 10 Pound, 9 1/3 Ounce
Waste gain/loss%: 0.0000  Fat gain/loss%: 0.0000
Total Recipe Cost: $14.8013  Cost Per Serving: $0.7401

Tips/Comments
◦ Condiments: Pico de Gallo, Salsa, Jalapenos

Pre-Preparation Instructions
◦ Defrost eggs approximately 3-5 days in advance in the cooler. You will need to manually edit this

   Place pan-saver liner in 2 inch hotel pan.
   Plan for 1 5 lb container of eggs per 1 hotel pan.
   In a stainless bowl mix together eggs, salt, pepper, & milk with a whisk.
   Pour the egg mixture into prepared pan.
   (see instructions below for oven or steamer cooking)

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<table>
<thead>
<tr>
<th>Step #</th>
<th>Stock Item#</th>
<th>Stock Item</th>
<th>Stock Quantity</th>
<th>Cost ($)</th>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13551</td>
<td>EGGS, WHOLE, PASTEURIZED, 17-18, As Purchased</td>
<td>5 Pound</td>
<td>5.5200</td>
<td>EGGS, PASTEURIZED, FRZ, 17-18 LI100328</td>
<td>5 Pound</td>
</tr>
<tr>
<td>2</td>
<td>20590</td>
<td>MILK, WHOLE 1/2 GALLON, As Purchased</td>
<td>3 Cup</td>
<td>0.5588</td>
<td>WHOLE MILK, Oak Farms LI100295</td>
<td>3 Cup</td>
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<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td>0.8311</td>
<td>GRATED AMERICAN CHEESE, 1LB FPC-IN235</td>
<td>8 Ounce</td>
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<tr>
<td>4</td>
<td>54381</td>
<td>SPICE, PEPPER, BLACK, FINE GRIND, 1/4.5 LB, 17-18, As Purchased</td>
<td>1/2 tsp, ground</td>
<td>0.0199</td>
<td>BLACK PEPPER, GROUND LI100167</td>
<td>1/2 tsp, ground</td>
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<tr>
<td>5</td>
<td>30060</td>
<td>BREAD, TORTILLAS, WHITE, 6 INCH (20/PKG), As Purchased</td>
<td>40 Each</td>
<td>2.3800</td>
<td>TORTILLAS Original White (6 INCH) (20/pkg) LI100410</td>
<td>40 Each</td>
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<tr>
<td>6</td>
<td>17160</td>
<td>TURKEY, BACON SLICES, FRZN (12 pkg/cs), As Purchased</td>
<td>40 piece</td>
<td>5.4900</td>
<td>BACON, TURKEY, SLICED LI100010</td>
<td>40 piece</td>
</tr>
<tr>
<td>7</td>
<td>54240</td>
<td>SALT, TABLE, 26 OZ, As Purchased</td>
<td>1/2 teaspoon</td>
<td>0.0016</td>
<td>SALT, 26 OZ - SCHOOLS LI100362</td>
<td>1/2 teaspoon</td>
</tr>
</tbody>
</table>

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**Preparation Instructions**

- Oven: Preheat oven to 350 degrees.
  - Cook for 15 minutes covered, open the oven use elbow length oven mitts to remove the pan.
  - Using a rubber spatula scrape off all the cooked eggs and mix well through the center. *This step is needed to ensure cooking through the center of the pan.*
  - Uncover & place the pan back in the oven for another 15 minutes.
  - Remove the pan from oven using elbow length gloves.
  - Spray pan release spray on a clean 2 inch hotel pan & transfer from the cooking pan to a clean serving pan.
  - Add half the cheese, fold in with a spatula and stir to "fluff" the eggs.
  - Sprinkle the remaining cheese over the pan & leave uncovered in the warmer for no more than 30 minutes. Moisture will collect in eggs if held for too long.

- Steamer: (do not cover pans in steamer, the water will collect on top and cause a burn hazard)
  - Add water if your steamer is not connected to a water source.
  - Follow instructions on preheating your steamer to 212 degrees.
  - Stand behind the door & open to allow steam to release before stepping in front to place uncovered pans in the steamer.
  - Cook for 15 minutes, open the steamer safely use elbow length oven mitts to remove the pan, & close in between removing pans, to keep steam inside.
  - Using a rubber spatula scrape off all the cooked eggs and mix well through the center. *This step is needed to ensure cooking through the center of the eggs.*
  - Place back in the steamer for another 15 minutes.
  - Remove the pan from steamer using elbow length gloves.
  - Spray pan release spray on a clean 2 inch hotel pan & transfer from the cooking pan to a clean serving pan.
  - Add half the cheese, fold in with a spatula and stir to "fluff" the eggs.
  - Sprinkle the remaining cheese over the pan & leave uncovered in the warmer for no more than 30 minutes. Moisture will collect in eggs if held for too long.

**Serving Instructions**

- Serve 1 no. 16 scoop in each tortilla with 1 slice of bacon.
- Serve on the line from the steam-table well.

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**Nutritional Information**

<table>
<thead>
<tr>
<th>Nutrients per 100 g</th>
<th>Fat (g)</th>
<th>SFat (g)</th>
<th>Carb (g)</th>
<th>Protein (g)</th>
<th>Sugar (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of Calories</td>
<td>40.78</td>
<td>13.26</td>
<td>36.14</td>
<td>23.43</td>
<td>3.965</td>
</tr>
</tbody>
</table>

**Calories** (Kcal)

- 180.504
- 240.035

**Nutrients per serving (240.035 g)**

- (M) Indicates missing nutrient values.