

ASSORTED CEREALS (B - 05)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>50</u>	<u>100</u>	Ready to Eat Cereals, Box/Bowl Pk:
1 ea.	5 ea.	10 ea.	Honey Nut Cheerios
1 ea.	5 ea.	10 ea.	Raisin Bran
1 ea.	5 ea.	10 ea.	Rice Krispies
1 ea.	5 ea.	10 ea.	Frosted Mini Wheats
1 ea.	5 ea.	10 ea.	Corn Flakes
1 ea.	5 ea.	10 ea.	Cheerios
1 ea.	5 ea.	10 ea.	Frosted Flakes
1 ea.	5 ea.	10 ea.	Fruit Loops
1 ea.	5 ea.	10 ea.	Apple Jacks
1 ea.	5 ea.	10 ea.	Golden Grahams

METHOD

STEP 1

Serving size equals 1 each.

If alternative types of cereal are offered, record recipe changes on the food production record.

COMPONENTS PER PORTION

1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	104
Protein	2.00 g
Carbohydrates	23.93 g
Fat-total	0.68 g
Saturated Fat	0.14 g
Cholesterol	0 mg
Vitamin A (RE)	194 RE
Vitamin C	11.20 mg
Iron	4.96 mg
Calcium	12.24 mg
Sodium	198 mg
Fiber	1.44 g
% Protein	7.67
% Carbohydrate	91.76
% Total Fat	5.87
% Saturated Fat	1.27

MUFFINS, HOMEMADE (WITH VARIATIONS) (B - 100)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 lb. + 12 oz.	3 lb. + 8 oz.	7 lb.	Flour
2 ¾ cups	1 qt. + 1 ½ cups	2 qt. + 3 cups	Milk, skim
1 ½ oz.	3 oz.	6 oz.	Baking powder
7 oz.	14 oz.	1 lb. + 12 oz.	Sugar
2 tsp.	1 Tbsp. + 1 tsp.	2 Tbsp. + 2 tsp.	Salt
3 ea.	6 ea.	12 ea.	Eggs, large
¾ cup	1 ½ cups	3 cups	Vegetable oil

METHOD

STEP 1

Preheat oven to 400 degrees F.

STEP 2

Spray cupcake pan with vegetable cooking spray or line pan cups with paper cup liners.

STEP 3

Sift together flour, sugar, baking powder, and salt in a large bowl.

STEP 4

In a separate mixing bowl, beat together remaining ingredients.

STEP 5

Add liquid mixture from Step 4 to dry ingredients from Step 3. Stir only long enough to combine. DO NOT OVERMIX.

STEP 6

Spoon 3 oz. batter into each cupcake cup and bake for 18 – 20 minutes or until golden brown.

Recipe variations are on the following page.

COMPONENTS PER PORTION

3 servings bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	223
Protein	4.95 g
Carbohydrates	34.01 g
Fat-total	7.50 g
Saturated Fat	1.12 g
Cholesterol	25 mg
Vitamin A (RE)	27 RE
Vitamin C	0.2 mg
Iron	1.76 mg
Calcium	141 mg
Sodium	391 mg
Fiber	0.86 g
% Protein	8.86
% Carbohydrate	60.91
% Total Fat	30.22
% Saturated Fat	4.54

Muffin Variations (B- 100)

Variation	Ingredient Modifications For every 25 muffins prepared, add the following ingredients to the muffin batter:	<u>Nutrients</u>											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)		Sat. Fat (g)
A. Blueberry muffins	6 lb. 4 oz. blueberries (canned, light syrup), 4 oz. applesauce (sweetened)	284	25	392	3.97	1.98	150	37	3.1	5.43	48.7	8.23	1.19	3 bread/grains
B. Cheese muffins	8 oz. reduced fat cheddar cheese	248	31	456	0.86	1.77	223	46	0.2	7.42	34.2	9.16	2.18	3 bread/grains
C. Chocolate chip muffins	8 oz. semi-sweet chocolate chips	266	25	392	1.39	2.04	144	28	0.2	5.33	39.7	10.2	2.73	3 bread/grains
D. French apple muffins	6 lb. 4 oz. apples (canned, water-packed), 4 oz. applesauce (sweetened), ½ tsp. allspice, 1 tbsp. cinnamon, ¼ tsp. cloves <i>Substitute brown sugar for granulated white sugar in recipe.</i>	309	25	396	3.94	2.42	151	32	0.9	5.58	56.3	7.98	1.21	3 bread/grains
E. Peach muffins	6 lb. 4 oz. peaches (canned, light syrup), 4 oz. applesauce (sweetened), and ½ tsp. allspice <i>Substitute brown sugar for granulated white sugar in recipe.</i>	287	25	399	2.39	2.33	151	67	3.0	5.47	51.2	7.55	1.13	3 bread/grains
F. Peanut butter chocolate chip muffins	8 oz. reduced fat peanut butter and 8 oz. semi-sweet chocolate chips	316	25	441	1.91	2.23	146	28	0.2	7.66	42.6	13.3	3.25	3 bread/grains
G. Raisin muffins	8 oz. raisins	250	25	392	1.22	1.95	145	28	0.5	5.24	41.2	7.54	1.14	3 bread/grains

PANCAKES, HOMEMADE (B - 105)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 lb.	2 lb.	4 lb.	Flour
7/8 oz.	1 5/8 oz.	3 1/4 oz.	Baking powder
3/4 tsp.	1 1/2 tsp.	1 tbsp.	Salt
1 1/4 cup	1 qt. + 1 1/4 cup	2 qt. + 2 1/2 cup	Skim milk
1 1/8 oz.	2 1/4 oz.	4 1/2 oz.	Sugar
4	8	16	Eggs, large
1/2 cup	1 cup	2 cups	Vegetable oil
			Vegetable cooking spray

METHOD

STEP 1

Blend flour, baking powder, salt, and sugar in mixer for 3 minutes on low speed.

STEP 2

Combine eggs, skim milk, and oil. Add to dry ingredients.

STEP 3

Blend for 2 minutes on low speed. Batter will be very lumpy. DO NOT OVERMIX.

STEP 4

Portion batter with level No. 20 scoop (3 1/5 tablespoons) onto griddle, which has been heated to 375 degrees F and sprayed with vegetable cooking spray.

STEP 5

Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute.

STEP 6

Serve immediately or reheat in covered steamtable pans:

Conventional oven: 350 degrees F for 10 – 15 minutes
Convection oven- 300 degrees F for 8 - 10 minutes

For variations, serve with warm Spiced Apple Topping or other Fruit Toppings (see recipe B – 115 and its variations), Peach Chutney with Walnuts and Raisins (see recipe D – 77), lowfat yogurt, fresh fruit, or pancake syrup.

COMPONENTS PER PORTION

1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	127
Protein	3.39 g
Carbohydrates	16.21 g
Fat-total	5.35 g
Saturated Fat	0.85 g
Cholesterol	34 mg
Vitamin A (RE)	15 RE
Vitamin C	0 mg
Iron	1.06 mg
Calcium	79 mg
Sodium	187 mg
Fiber	0.49 g
% Protein	10.66
% Carbohydrate	51.03
% Total Fat	37.90
% Saturated Fat	6.07

SCRAMBLED EGG PIZZA (B-107)

Portion Size – 1 slice

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>8</u>	<u>40</u>	<u>80</u>	
1	5	10	16-inch Rich's Sheeted Dough	
4 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Cheddar cheese, low fat, grated/shredded	
12 oz.	3 lb. + 12 oz.	7 lb. + 8 oz.	Cooked scrambled eggs	
2 oz.	10 oz.	1 lb. + 4 oz.	Cooked, crumbled bacon	
6 oz.	1 lb. + 14 oz.	3 lb. + 12 oz.	Mozzarella cheese, part skim, shredded	
3 oz.	15 oz.	1 lb. + 14 oz.	Red onion, diced	
3 oz.	15 oz.	1 lb. + 14 oz.	Red bell pepper, chopped	
	To taste		Salt and pepper	
	As needed		Vegetable oil	

METHOD

STEP 1

Overnight: Remove sheeted dough from case, leaving wax paper intact. Place on sheet pans and cover with oiled plastic to prevent drying. Refrigerate overnight. Place thawed dough sheets on oiled pizza pans or screens.

OR Same Day: Remove sheeted dough from case, remove wax paper and place on oiled pizza pan. Cover and thaw at room temperature for approximately 2 to 4 hours. Dock dough to prevent bubbling or blistering.

STEP 2

Brush dough with oil. Sprinkle dough with cheddar cheese; cover dough with scrambled eggs, leaving a border around the edge.

STEP 3

Top egg with bacon, mozzarella, onion, red pepper, salt and pepper.

STEP 4

Bake in a conventional or deck oven 500°F (260° C) 8-11 min. Convection oven 375°F (190° C) 7-10 min.

STEP 5

Garnish with bell pepper strips or banana pepper rings, if desired (not included in nutrient analysis). Cut into 8 slices.

COMPONENTS PER PORTION

Portion cost = \$0.58

3.6 bread/grains, 2 ½ oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	404
Protein	22.68 g
Carbohydrates	40.60 g
Fat-total	16.54 g
Saturated Fat	6.89 g
Cholesterol	176 mg
Vitamin A (RE)	210 RE
Vitamin C	20.96 mg
Iron	1.10 mg
Calcium	302.46 mg
Sodium	814 mg
Fiber	1.83 g
% Protein	22.46
% Carbohydrate	40.21
% Total Fat	36.87
% Saturated Fat	15.35

Scrambled Egg Variations (B- 110)

Variation	Ingredient Modifications For every 50 portions of scrambled eggs prepared, stir the following ingredients into the egg mixture before baking to steaming:	<u>Nutrients Per 1 Cup Portion</u>											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	
A. Scrambled eggs with ham	16 oz. shredded reduced fat cheddar cheese	92	221	254	0	0.82	49	109	1.5	8.42	1.71	5.57	1.72	1 large egg
B. Scrambled eggs with cheese and ham	8 oz. shredded reduced fat cheddar and 8 oz. finely diced turkey ham	99	219	232	0	0.78	90	117	0.8	8.9	1.73	6.14	2.17	1 large egg
C. Scrambled eggs with cheese	16 oz. finely diced turkey ham	106	217	209	0	0.74	130	125	0.1	9.38	1.74	6.71	2.62	1 large egg
D. Scrambled eggs with onions and green peppers	2 cups steamed diced onions and green peppers, ½ teaspoon black pepper	84	212	144	0.10	0.76	50	109	3.1	7.01	2.25	5.06	1.57	1 large egg
E. Scrambled eggs with potatoes and onions	2 cups steamed diced potatoes and onions, ½ teaspoon black pepper	85	212	144	0.12	0.75	49	107	0.6	7.03	2.63	5.06	1.57	1 large egg

Fruit Smoothie Specifications (B-113)

Variation	Ingredients (for each smoothie)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- Banana berry smoothie* Portion cost = \$0.50	5 strawberries ½ petite banana ½ cup 2% milk 2 tbsp. no-fat plain yogurt 2 tsp. honey ¼ cup crushed ice	187	11	84	2.6	0.53	217	80	40	6.6	35.7	3.3	1.9	¼ oz. meat/meat alternate, 1 cup fruit, ½ cup milk
B- Blueberry orange smoothie* Portion cost = \$1.13	½ cup frozen blueberries ½ cup orange juice ½ banana ¼ cup 2% milk ¼ cup crushed ice 2 tbsp. honey	300	5	35	3.6	0.72	98	61	48	4.0	71.6	2.3	0.9	1 ½ cup fruit, ¼ cup milk
C- Cantaloupe berry smoothie* Portion cost = \$0.64	4 strawberries ¼ cup cubed cantaloupe ¼ cup orange juice ¼ cup crushed ice 2 tbsp. brown sugar 2 tsp. wheat germ	143	0	13	2.2	1.03	35	149	66	2.3	33.4	0.9	0.1	1 ½ cup fruit
D- Kiwi lime smoothie* Portion cost = \$1.94	4 kiwi, peeled and diced ¼ cup apple juice ¼ cup no-fat plain yogurt 2 tbsp. honey ½ tsp. lime juice	382	4	62	10.5	1.71	198	116	300	6.4	91.8	2.4	0.7	½ oz. meat/meat alternate, 1 cup fruit
E- Orange peach smoothie* Portion cost = \$0.77	½ cup orange juice ½ cup 2% milk ¼ cup ice ¼ cup frozen peaches 2 tbsp. honey	303	9	68	1.46	0.68	165	97	101	5.6	68.3	2.8	1.5	¾ cup fruit, ½ cup milk
F- Pineapple banana smoothie Portion cost = \$0.31	1 cup canned pineapple, light syrup ½ petite banana ½ cup 2% milk ¼ cup crushed ice	238	9	64	3.2	1.2	187	81	25	5.5	51.9	2.9	1.6	1 ½ cup fruit, ½ cup milk

***Recommended as a la carte menu choices.**

Chartwells School Dining Services

007067 - Spiced Apple Topping

Source: B- 115
 Number of Portions: 48
 Size of Portion: 1/3 CUP

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993368 Liquid butter alternative, Elite Golden Award..... 019296 HONEY.....	1/4 CUP 1 LB + 8 OZ	1. Heat liquid butter alternative and honey in stock pot or steam-jacketed kettle.
009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C 020027 CORNSTARCH..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	1 QT + 1 1/2 CUP 2 1/4 OZ 1 TBSP 1 1/2 TSP	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. 3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
002050 VANILLA EXTRACT..... 090074 APPLES,CND,H2O PK,SLCD,DRN.....	2 TSP 2/3 #10 CAN, drained	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
		Special Tips
		1.) For each 1 gallon, add 1 cup of raisins to the apples for a more flavorful topping. 2.) Serve over waffles, pancakes, or ice cream.
		Serving
		? cup (No. 12 scoop) provides ¼ cup of fruit.

Calories	92	Iron	0.29 Mg	Protein	0.18 G	0.77%	Calories from Prot
Cholesterol	0 Mg	Calcium	7 Mg	Carbohydrates	21.15 G	91.78%	Calories from Carb
Sodium	10 Mg	Vitamin A	16 IU	Total Fat	1.37 G	13.36%	Calories from T Fat
Dietary Fiber	1.00 G	Vitamin C	12.0 Mg	Saturated Fat	0.25 G	2.45%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007069 - Blueberry Topping

Source: B- 115A
 Number of Portions: 48
 Size of Portion: 1/3 CUP

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993368 Liquid butter alternative, Elite Golden Award.....	1/4 CUP	1. Heat liquid butter alternative and honey in stock pot or steam-jacketed kettle.
990613 SUGAR, GRANULATED.....	1 LB + 8 OZ	
009400 APPLE JUC, CND OR BTLD, UNSWTND, W/ VIT C	1 QT + 1 1/2 CUP	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
020027 CORNSTARCH.....	2 1/4 OZ	
002050 VANILLA EXTRACT.....	2 TSP	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
009054 BLUEBERRIES, FRZ, UNSWTND.....	1 1/2 QT	
		4. Add thawed blueberries and vanilla to mixture and simmer for 10 minutes to develop flavor.
		Special Tips
		Serve over waffles, pancakes, or ice cream.
		Serving
		? cup (No. 12 scoop) provides ¼ cup of fruit.

Calories	95	Iron	0.15 Mg	Protein	0.10 G	0.43%	Calories from Prot
Cholesterol	0 Mg	Calcium	4 Mg	Carbohydrates	21.07 G	89.19%	Calories from Carb
Sodium	10 Mg	Vitamin A	9 IU	Total Fat	1.32 G	12.60%	Calories from T Fat
Dietary Fiber	0.56 G	Vitamin C	12.3 Mg	Saturated Fat	0.22 G	2.10%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007071 - Cherry Topping

Source: B- 115B
 Number of Portions: 48
 Size of Portion: 1/3 CUP

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993368 Liquid butter alternative, Elite Golden Award.....	1/4 CUP	1. Heat liquid butter alternative and honey in stock pot or steam-jacketed kettle.
990613 SUGAR, GRANULATED.....	1 LB + 8 OZ	
009400 APPLE JUC, CND OR BTLD, UNSWTND, W/ VIT C	1 QT + 1 1/2 CUP	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
020027 CORNSTARCH.....	2 1/4 OZ	
002050 VANILLA EXTRACT.....	2 TSP	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
009068 CHERRIES, SOUR, RED, FRZ, UNSWTND.....	1 1/2 QT, unthawed	
		4. Add thawed cherries and vanilla to mixture and simmer for 10 minutes to develop flavor.
		Special Tips
		Serve over waffles, pancakes, or ice cream.
		Serving
		? cup (No. 12 scoop) provides ¼ cup of fruit.

Calories	94	Iron	0.22 Mg	Protein	0.20 G	0.85% Calories from Prot
Cholesterol	0 Mg	Calcium	5 Mg	Carbohydrates	20.85 G	89.16% Calories from Carb
Sodium	10 Mg	Vitamin A	169 IU	Total Fat	1.28 G	12.35% Calories from T Fat
Dietary Fiber	0.35 G	Vitamin C	12.2 Mg	Saturated Fat	0.23 G	2.22% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007068 - Spiced Peach Topping

Source: B- 115 C
 Number of Portions: 48
 Size of Portion: 1/3 CUP

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993368 Liquid butter alternative, Elite Golden Award.....	1/4 CUP	1. Heat liquid butter alternative and honey in stock pot or steam-jacketed kettle.
019296 HONEY.....	1 LB + 8 OZ	
009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C	1 QT + 1 1/2 CUP	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
020027 CORNSTARCH.....	2 1/4 OZ	
002010 CINNAMON,GROUND.....	1 TBSP	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
002025 NUTMEG,GROUND.....	1 1/2 TSP	
002050 VANILLA EXTRACT.....	2 TSP	4. Add drained peaches and vanilla to mixture and simmer for 10 minutes to develop flavor.
990487 PEACHES,CANNED,LIGHT SYRUP.....	2/3 #10 CAN	
Special Tips		
Serve over waffles, pancakes, or ice cream.		
Serving		
? cup (No. 12 scoop) provides ¼ cup of fruit.		

Calories	96	Iron	0.38 Mg	Protein	0.26 G	1.08%	Calories from Prot
Cholesterol	0 Mg	Calcium	6 Mg	Carbohydrates	22.46 G	93.44%	Calories from Carb
Sodium	12 Mg	Vitamin A	149 IU	Total Fat	1.24 G	11.61%	Calories from T Fat
Dietary Fiber	0.70 G	Vitamin C	12.9 Mg	Saturated Fat	0.23 G	2.17%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007070 - Strawberry Topping

Source: B- 115D
 Number of Portions: 48
 Size of Portion: 1/3 CUP

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993368 Liquid butter alternative, Elite Golden Award.....	1/4 CUP	1. Heat liquid butter alternative and honey in stock pot or steam-jacketed kettle.
990613 SUGAR, GRANULATED.....	1 LB + 8 OZ	
009400 APPLE JUC, CND OR BTLD, UNSWTND, W/ VIT C	1 QT + 1 1/2 CUP	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
020027 CORNSTARCH.....	2 1/4 OZ	
002050 VANILLA EXTRACT.....	2 TSP	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
009318 STRAWBERRIES, FRZ, UNSWTND.....	1 1/2 QT, thawed	
		4. Add thawed strawberries and vanilla to mixture and simmer for 10 minutes to develop flavor.
		Special Tips
		Serve over waffles, pancakes, or ice cream.
		Serving
		? cup (No. 12 scoop) provides ¼ cup of fruit.

Calories	94	Iron	0.33 Mg	Protein	0.14 G	0.59%	Calories from Prot
Cholesterol	0 Mg	Calcium	7 Mg	Carbohydrates	21.24 G	90.09%	Calories from Carb
Sodium	10 Mg	Vitamin A	13 IU	Total Fat	1.23 G	11.73%	Calories from T Fat
Dietary Fiber	0.62 G	Vitamin C	23.2 Mg	Saturated Fat	0.21 G	2.03%	Calories from S Fat
* - Denotes Missing Nutrient Values							

SUNSHINE MUFFINS

(B-117)

Portion Size – 1 Each (2 oz.)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>19</u>	<u>38</u>	<u>76</u>	
¾ cup	1 ½ cup	3 cups	Water, cool
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Pillsbury Basic Muffin Mix
½ tsp.	1 tsp.	2 tsp.	Cinnamon, ground
1 ¼ cups	2 ½ cups	5 cups	Carrots, shredded
¾ cup	1 ½ cup	3 cups	Apples, fresh tart, diced
¼ cup	½ cup	2 cups	Raisins, plumped*
½ cup	1 cup	2 cups	Walnuts, chopped
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.16
1 serving of bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	150		* To plump raisins: Cover with very hot tap water and soak about 5 minutes. Drain well.
Protein	2.64 g		
Carbohydrates	23.45 g		
Fat-total	5.07 g		
Saturated Fat	1.68 g		
Cholesterol	6 mg		
Vitamin A (RE)	207		
Vitamin C	1.2 mg		
Iron	0.84 mg		
Calcium	25 mg		
Sodium	151 mg		
Fiber	0.93 g		
% Protein	7.04		
% Carbohydrate	62.63		
% Total Fat	30.49		
% Saturated Fat	10.10		

METHOD

STEP 1

Pour water into mixing bowl. Add muffin mix and cinnamon.

STEP 2

Mix on low speed, using paddle, for 30 seconds. Scrape bowl and paddle. Add remaining ingredients. Continue mixing on low speed for 30 seconds. (Batter can also be mixed by hand using a rubber spatula or spoon). Mix until well combined.

STEP 3

Portion 2 oz. (level #16 dipper) batter into well greased or paper lined muffin cups.

STEP 4

Bake:

400° F Conventional oven 15 – 21 minutes
325° F Convection oven 13-18 minutes

Muffins are done when center springs back when touched lightly or when a wooden pick, inserted in center, comes out clean.

Variation A: For larger muffins, portion batter with a level number #8 dipper. Increase baking time to 17 – 22 minutes. Finished muffins will weigh 4 oz. (2 servings of bread/grains).

Nutrient analysis per muffin: 300 calories, 5.28 g protein, 46.90 g carbohydrates, 10.14 g fat, 3.36 g saturated fat, 0 mg cholesterol, 414 RE vitamin A, 2.4 mg vitamin C, 1.68 mg iron, 50 mg calcium, 302 mg sodium, and 1.86 g fiber.
Cost per portion = \$0.32.

VEGETABLE FRITTATA (B – 125)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25 (1 pan)</u>	<u>50 (2 pans)</u>	<u>100 (4 pans)</u>	
6 tbsp.	¾ cup	1 ½ cup	Vegetable oil
1 ½ qt.	3 qt.	1 ½ gal.	Broccoli flowerets
3 cups	1 ½ qt.	3 qt.	Carrots, shredded
3 cups	1 ½ qt.	3 qt.	Onion, chopped
1 ½ cups	3 cups	1 qt. + 2 cups	Ripe olives, sliced
25	50	100	Large eggs, fresh or frozen
½ cup	1 cup	2 cups	Water
6 tbsp.	¾ cup	1 ½ cup	Fresh parsley, chopped
½ tbsp.	1 tbsp.	2 tbsp.	Salt
½ tbsp.	1 tbsp.	2 tbsp.	Cayenne pepper
1 ¾ cups	3 ½ cups	1 qt. + 3 cup	Low fat cheddar, shredded
6 tbsp.	¾ cup	1 ½ cup	Parmesan cheese, grated

COMPONENTS PER PORTION

1 large egg, ½ oz. cheese, ¼ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	152
Protein	9.79 g
Carbohydrates	5.55 g
Fat-total	10.29 g
Saturated Fat	2.74 g
Cholesterol	215 mg
Vitamin A (RE)	573 RE
Vitamin C	19.8 mg
Iron	1.36 mg
Calcium	102 mg
Sodium	362 mg
Fiber	1.63 g
% Protein	25.67
% Carbohydrate	14.54
% Total Fat	60.71
% Saturated Fat	16.21

METHOD

STEP 1

Heat oil in skillet. Saute broccoli, carrots, onion, and olives about 5 minutes, stirring frequently, until vegetables are crisp-tender. Remove from heat. Spoon cooked vegetables into the bottom of steam table pans that have been sprayed with vegetable cooking spray. Set aside.

STEP 2

In a mixing bowl, beat eggs thoroughly.

STEP 3

Add water, parsley, salt, cayenne pepper, and cheeses. Mix until well blended.

STEP 4

Pour egg mixture over vegetable mixture in steam table pans.

STEP 5

Bake or steam until eggs are set in center:

Conventional oven- 350 degrees F for 20 minutes.

Convection oven- 300 degrees F for 15 minutes.

Steamer: 5 lb. pressure for 3 – 5 minutes.

STEP 6

Remove from oven or steamer.

STEP 7

For best results, serve within 15 minutes. Portion by cutting each pan 5 x 5.

Chartwells School Dining Services

005085 - Waffle Breakfast Sandwich

Source: B- 128
 Number of Portions: 10
 Size of Portion: 1 Each

Meat/Alt 3 oz.
 Grain/Bread 1.5 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

095708 WAFFLES,ORIGINAL:AUNT JEMIMA #43575 &4 993306 Egg patty square..... 360901 HAM,CKD,FROZEN,95% FAT FREE-COMMODIT 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA 993368 Liquid butter alternative, Elite Golden Award.....	20 EA. .8 oz 5 Portion 1.5 oz 5 OZ 5 OZ 1/2 CUP	<p>STEP 1 Assemble sandwiches by placing 1 precooked egg portion, 1 slice of cheese, and 1 slice of ham between 2 frozen waffles.</p> <p>STEP 2 Place assembled sandwiches on sheet pans brushed lightly with heat ed liquid butter alternative.</p> <p>STEP 3 Lightly brush tops of sandwiches with remaining liquid butter alte rnative.</p> <p>STEP 4 CCP: Bake sandwiches in a 350 degree F oven until sandwiches are golden brown, the cheese has melted, and the egg portion has reached an internal temperature of 145 degrees F for 15 seconds.</p> <p>CCP: Hold for hot service at 140 degrees F.</p>
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Calories	329	Iron	2.70 Mg	Protein	10.54 G	12.81%	Calories from Prot
Cholesterol	99 Mg	Calcium	128 Mg	Carbohydrates	21.65 G	26.30%	Calories from Carb
Sodium	772 Mg	Vitamin A	252 IU	Total Fat	21.63 G	59.11%	Calories from T Fat
Dietary Fiber	0.64 G	Vitamin C	0.0 Mg	Saturated Fat	6.37 G	17.42%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

003765 - Western Breakfast Pizza

Source: B- 130
 Number of Portions: 8
 Size of Portion: 1 Slice

Meat/Alt 3.5 oz.
 Grain/Bread 3.6 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 990615 EGGS,WHOLE,FRESH & FROZEN..... 090034 HAM,DELI,95% FAT-FREE..... 004044 OIL,SOYBN,SALAD OR COOKING..... 000060 Rich's pizza dough..... 001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT...	1 TBSP 6 OZ 3 1/2 OZ 3 1/2 OZ 1 LB + 2 OZ 4 OZ 2 TSP 1 (12 x 16" sheet) 8 OZ	<p>STEP 1 Heat first measure of oil and saute onion and bell peppers until tender. Pour in eggs. As eggs begin to set around the edges, push the cooked portion toward the center. Season with pepper. Stir in ham.</p> <p>CCP: Cook eggs to a minimum internal temperature of 145 degrees F.</p> <p>STEP 2 Brush pizza crust lightly with 2 tsp. oil. Use seasoned oil to maximize flavor. Place cooked egg mixture evenly on top of dough. Top with cheese.</p> <p>STEP 3 Bake in a conventional or deck oven 500°F (260° C) 8-11 min. Convection oven 375°F (190° C) 7-10 min.</p> <p>STEP 4 Portion into 8 slices.</p> <p>CCP: Serve immediately or hold for hot service at 140 degrees F.</p>
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Calories	458	Iron	4.04 Mg	Protein	25.87 G	22.59% Calories from Prot
Cholesterol	292 Mg	Calcium	313 Mg	Carbohydrates	47.88 G	41.81% Calories from Carb
Sodium	853 Mg	Vitamin A	949 IU	Total Fat	17.97 G	35.30% Calories from T Fat
Dietary Fiber	2.49 G	Vitamin C	34.9 Mg	Saturated Fat	6.54 G	12.85% Calories from S Fat
* - Denotes Missing Nutrient Values						

WESTERN EGG CROISSANT OR BAGEL

(B-135)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>24</u>	<u>48</u>	<u>96</u>	
24 each	48 each	96 each	Croissant, 1.5 oz. sliced
24 each	48 each	96 each	Pre-cooked 1 oz. egg patty
1 lb. + 8 oz.	3 lb.	6 lb.	Ham, 95% fat free, thin-sliced
1 cup	2 cups	1 qt.	Green peppers, sliced or diced, steamed
1 cup	2 cups	1 qt.	Onion, sliced or diced, steamed
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.41
1.4 bread/grains, 3 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	245		
Protein	11.46 g		
Carbohydrates	21.41 g		
Fat-total	12.48 g		
Saturated Fat	5.94 g		
Cholesterol	149 mg		
Vitamin A (RE)	115		
Vitamin C	6.06 mg		
Iron	1.67 mg		
Calcium	205.10 mg		
Sodium	743 mg		
Fiber	1.34 g		
% Protein	18.72		
% Carbohydrate	34.96		
% Total Fat	45.83		
% Saturated Fat	21.83		

METHOD

STEP 1

Heat ham and egg to 160 internal temp.

STEP 2

To assemble each sandwich:

Layer on each croissant bottom:

1 egg patty, 1 oz. ham, 2 tsp. peppers and 2 tsp. onions. Top with remaining croissant half. Serve.

Variation A: Substitute 3 oz. soft bagel for croissant.

Nutrients per serving:

306 calories, 120 mg cholesterol, 881 mg sodium, 4.91 g fat (14.42%), 1.17 g saturated fat (3.44%), 16.91 g protein (22.08%), 47.35 g carbohydrate (61.86%), 2.19 g fiber, 3.83 mg iron, 252.30 mg calcium, 36 RE vitamin A, 5.97 mg vitamin C. Each serving would supply 3.3 servings bread/grains, 3 oz. meat/meat alternate.

Cost per portion = \$0.32.

BAKED FRENCH TOAST STICKS – HOMEMADE (B - 30)

Portion Size – 2 Strips

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
18 slices	35 slices	70 slices	“Texas Toast” white bread slices (1.5 oz. each)
1 lb. + 7 oz.	2 lb. + 14 oz.	5 lb. + 12 oz.	Frozen whole eggs, thawed
3 cups	1 qt. + 2 cups	3 qt.	2% milk
5 oz.	10 oz.	1 lb. + 4 oz.	Sugar
¾ tsp.	1 ½ tsp.	1 tbsp.	Salt
2 tsp.	1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	Vanilla
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Cinnamon, ground

COMPONENTS PER PORTION

1 large egg, 1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	157
Protein	7 g
Carbohydrates	23 g
Fat-total	3.8 g
Saturated Fat	1.2 g
Cholesterol	112 mg
Vitamin A (RE)	67 RE
Vitamin C	0 mg
Iron	1.2 mg
Calcium	73 mg
Sodium	301 mg
Fiber	1.00 g
% Protein	17.12
% Carbohydrate	56.97
% Total Fat	24.45
% Saturated Fat	8.08

METHOD

STEP 1

Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steam table pan which has been sprayed with vegetable cooking spray.

STEP 2

Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix for 5 minutes, using a paddle attachment, until ingredients are well blended.

STEP 3

Pour 1 qt. plus 1 cup of egg mixture over each pan of bread strips.

STEP 4

Cover pans with plastic wrap and chill for 4 to 24 hours.

STEP 5

Sprinkle cinnamon on top.

STEP 6

Bake:

Conventional oven- 425 degrees F for 35 minutes

Convection oven- 375 degrees F for 20 minutes

STEP 7

Serve with warm Spiced Apple Topping (see recipe B – 115), Peach Chutney with Walnuts and Raisins (see recipe D – 77), lowfat yogurt, fresh fruit, or pancake syrup.

Chartwells School Dining Services

007088 - Banana Bread

Source: B- 35
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 019335 SUGARS,GRANULATED..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODI 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE.....	1 LB + 12 OZ 1 LB + 1 OZ 1/4 CUP 1 TBSP + 2 1/4 TSP 1 TSP 1 TSP	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt in mixer for 1 minute at low speed.						
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004044 OIL,SOYBN,SALAD OR COOKING.....	4 large 1 1/4 CUP 1 CUP	2. Combine eggs and water. Add oil and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.						
009040 BANANAS,RAW.....	2 3/4 CUP, mashed	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.						
		4. Pour 5 lb 10 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until browned: Conventional oven: 350°F for 35-45 minutes Convection oven: 300°F for 25-35 minutes 6. Cool. Cut each pan 5 x 10 (50 pieces per pan). 7. For loaf pans: Pour 1 lb 14 oz (3 1/2 cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans. Bake until browned: Conventional oven: 350°F for 50-60 minutes Convection oven: 300°F 40-50 minutes						
		Remove from pans. Cool completely. Cut each loaf into 17 slices, about 1/2" thick.						
		Food as Purchased						
		<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td style="text-align: left;">Bananas</td> <td style="text-align: center;">2 lb 9 oz</td> <td style="text-align: center;">5 lb 2 oz</td> </tr> </table>		50 Servings	100 Servings	Bananas	2 lb 9 oz	5 lb 2 oz
	50 Servings	100 Servings						
Bananas	2 lb 9 oz	5 lb 2 oz						

Chartwells School Dining Services

	<p>Special Tip:</p> <p>For 50 servings, use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of eggs.</p> <p>For 100 servings, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs.</p>
	<p>Variations:</p> <p>A. Banana Bread Squares (Using Master Mix B-01)</p> <p>50 servings: Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 1 lb 1 oz (2 ½ cups) sugar. In step 2, omit shortening. Continue with steps 3-6.</p> <p>100 servings: Omit steps 1. Blend 4 lb 15 oz (4 qt) Master Mix with 2 lb 2 oz (1 qt 1 cup) sugar. In step 2, omit shortening. Continue with steps 3-6.</p>
	<p>Serving</p> <p>1 piece provides 1 serving of grains/breads.</p>

Calories	152	Iron	0.89 Mg	Protein	2.40 G	6.30% Calories from Prot
Cholesterol	17 Mg	Calcium	32 Mg	Carbohydrates	25.03 G	65.77% Calories from Carb
Sodium	81 Mg	Vitamin A	27 IU	Total Fat	4.96 G	29.31% Calories from T Fat
Dietary Fiber	0.76 G	Vitamin C	1.1 Mg	Saturated Fat	0.79 G	4.67% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007087 - Biscuits

Source: B- 40
 Number of Portions: 50
 Size of Portion: 1 Each

Meat/Alt 0 oz.
 Grain/Bread 1.5 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODI 002047 SALT, TABLE..... 004044 OIL,SOYBN,SALAD OR COOKING.....	3 LB 3 OZ 2 3/4 OZ 1 TBSP 1 3/4 CUP	1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute at low speed. 2. Add oil and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly.
014429 WATER,MUNICIPAL.....	3 3/4 CUP	3. Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing. 4. Turn out onto lightly floured surface. For 50 servings, knead ball of dough lightly for 1 minute. For 100 servings, divide dough in half and knead each half lightly for 1 minute. 5. Roll or pat out each ball of dough to ½" thickness. Cut with floured 2 ½" biscuit cutter and place on sheet pan (18" x 26" x 1") in rows of 5 across and 10 down. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 6. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes

Chartwells School Dining Services

	<p style="text-align: center;">Variations:</p> <p>A. Baking Powder Biscuits (Using Master Mix B-01) For 50 servings, omit steps 1 and 2. Use 3 lb 12 oz (3 qt) Master Mix. Continue with steps 3-6. For 100 servings, omit steps 1 and 2. Use 7 lb 8 oz (6 qt) Master Mix. Continue with steps 3-6.</p> <p>B. Cheese Biscuits For 50 servings, follow steps 1 and 2. In step 3, add 12 oz (3 ½ cups) shredded reduced fat Cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6. For 100 servings, follow steps 1 and 2. In step 3, add 1 lb 8 oz (1 qt 3 cups) shredded reduced fat Cheddar cheese to soft dough. Mix lightly to distribute cheese. Continue with steps 4-6.</p> <p>C. Drop Biscuits For 50 servings, follow steps 1 and 2. In step 3, use 1 qt ¾ cup cold water. Omit step 4. In step 5, portion with level No. 16 scoop (¼ cup) onto 1 sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. Continue with step 6. For 100 servings, follow steps 1 and 2. In step 3, use 2 qt 1 ½ cups cold water. Omit step 4. In step 5, portion with level No. 16 scoop (¼ cup) onto 2 sheet pans (18" x 26" x 1") in rows of 5 across and 10 down. Continue with step 6.</p> <p>D. Wheat Biscuits For 50 servings, in step 1, use 2 lb 4 oz (2 qt) enriched all-purpose flour and 12 oz (2 ¾ cups) whole wheat flour. Continue with steps 2-6. For 100 servings, in step 1, use 4 lb 8 oz (4 qt) enriched all-purpose flour and 1 lb 8 oz (1 qt 1 ½ cups) whole wheat flour. Continue with steps 2-6.</p>
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Calories	174	Iron	1.40 Mg	Protein	3.41 G	7.83% Calories from Prot
Cholesterol	0 Mg	Calcium	93 Mg	Carbohydrates	22.39 G	51.43% Calories from Carb
Sodium	153 Mg	Vitamin A	0 IU	Total Fat	7.92 G	40.91% Calories from T Fat
Dietary Fiber	0.77 G	Vitamin C	0.1 Mg	Saturated Fat	1.15 G	5.94% Calories from S Fat
* - Denotes Missing Nutrient Values						

Breakfast Pizza Variations (B- 45)

Variation	Ingredient Modifications Substitute another fruit topping for the blueberry topping:	<u>Nutrients</u>											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A. Cherry breakfast pizza	Cherry topping (recipe B-115 B)	401	31	475	1.99	0.97	32	145	0.8	9.05	64.2	12.8	6.70	3 bread/grains, ¼ cup fruit
B. Peach breakfast pizza	Peach topping (recipe B-115 C)	394	31	477	2.25	1.04	31	127	35.6	9.03	62.6	12.8	6.69	3 bread/grains, ¼ cup fruit
C. Strawberry breakfast pizza	Strawberry topping (recipe B-115 D)	382	31	475	2.25	1.07	33	118	15.6	8.90	59.3	12.7	6.67	3 bread/grains, ¼ cup fruit

BREAKFAST BURRITO WITH SALSA (B - 50)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 lb. + 2 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Frozen whole eggs, thawed
5 oz.	10 oz.	1 lb. + 4 oz.	Corn
1/3 cup	¾ cup	1 ½ cup	2% lowfat milk
6 oz.	12 oz.	1 lb. + 8 oz.	Green peppers, diced
7 oz.	14 oz.	1 lb. + 12 oz.	Onions, diced
1 oz.	2 oz.	4 oz.	Tomatoes, diced
2 tbsp.	¼ cup	½ cup	Prepared mustard
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Garlic, granulated
½ tbsp.	1 tbsp.	2 tbsp.	Hot pepper sauce
25 each	50 each	100 each	Flour tortillas, 8”, 1.5 oz. ea.
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Salsa

METHOD

STEP 1

Blend eggs, corn, lowfat milk, green peppers, onions, tomatoes, mustard, garlic, and hot pepper sauce.

STEP 2

Pour 1 gallon plus 2 cups of the above egg mixture into steam table pans which have been sprayed with vegetable cooking spray.

STEP 3

Bake until thoroughly cooked:

Conventional oven- 325 degrees F for 60 minutes

Convection oven- 325 degrees F for 50 minutes

Compartment steamer- 30 minutes

STEP 4

Arrange 25 tortillas in each steam table pan, so they overlap. Heat the tortillas:

Conventional oven- 300 degrees F for 3 minutes, covered with a clean, damp cloth

Convection oven- 300 degrees F for 3 minutes, covered with a clean, damp cloth

Compartment steamer- 2 - 3 minutes, covered with plastic wrap

STEP 5

Fill each tortilla with a No. 10 scoop of cooked egg mixture. Roll each filled tortilla.

STEP 6

Garnish each burrito with 2 Tbsp. (1 oz.) of salsa.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, ¼ cup vegetables, 1.7 servings bread/grains

NUTRIENT

Amount per Serving

Calories	243
Protein	11.66 g
Carbohydrates	28.54 g
Fat-total	8.89 g
Saturated Fat	2.55 g
Cholesterol	241 mg
Vitamin A (RE)	132 RE
Vitamin C	8.43 mg
Iron	2.93 mg
Calcium	91.32 mg
Sodium	413 mg
Fiber	2.21 g
% Protein	19.18
% Carbohydrate	46.91
% Total Fat	32.90
% Saturated Fat	9.43

Chartwells School Dining Services

003640 - Breakfast Calzone

Source: B- 53
 Number of Portions: 50
 Size of Portion: 1 Each

Meat/Alt 3 oz.
 Grain/Bread 6 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 6 1/4 TBSP 011333 PEPPERS,SWEET,GREEN,RAW..... 1 LB 011282 ONIONS,RAW..... 3 LB + 2 OZ 990615 EGGS,WHOLE,FRESH & FROZEN..... 5 LB + 8 OZ 007901 USDA COMMODITY,PORK,SAUSAGE,BULK/LIN 1 LB + 9 OZ 993378 Pizza crust, Schwan's Proof Perfect 7" sheete..... 50 (1 crust) 004044 OIL,SOYBN,SALAD OR COOKING..... 50 TSP 001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT... 1 LB + 9 OZ	<p>STEP 1 Heat the first measure of oil in a skillet. Add peppers and onion; saute until tender. Pour in eggs and cook until set. Stir in precooked sausage and shredded cheese.</p> <p>CCP: Cook mixture to 145 degrees F.</p> <p>STEP 2 Place a #8 scoop of cooked egg mixture down the center of each dough piece. Brush edge of dough with water.</p> <p>STEP 3 Fold into a semi-circle and crimp edges to seal. Lightly brush top with seasoned vegetable oil. Cut 1" slit in the tops to allow steam to escape.</p> <p>STEP 4 Brush each calzone with 1 tsp. oil. Use seasoned oil for maximum flavor.</p> <p>STEP 5 Bake in a conventional or deck oven 500oF (260o C) 8-11 min. Convection oven 375oF (190o C) 7-10 min.</p> <p>CCP: Serve immediately or hold for hot service at 140 degrees F.</p>
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Calories	550	Iron	5.50 Mg	Protein	22.27 G	16.19% Calories from Prot
Cholesterol	233 Mg	Calcium	163 Mg	Carbohydrates	66.95 G	48.69% Calories from Carb
Sodium	910 Mg	Vitamin A	386 IU	Total Fat	21.71 G	35.52% Calories from T Fat
Dietary Fiber	3.55 G	Vitamin C	9.1 Mg	Saturated Fat	4.88 G	7.98% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

003657 - Breakfast Egg & Cheese Pizza

Source: B- 54
 Number of Portions: 8
 Size of Portion: 1 Slice

Meat/Alt 3 oz.
 Grain/Bread 3.6 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 990615 EGGS,WHOLE,FRESH & FROZEN..... 993377 Pizza crust, Schwan's Proof Perfect 16" sheet..... 004044 OIL,SOYBN,SALAD OR COOKING..... 001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT...	2 TBSP 2 OZ 4 OZ 4 OZ 1 LB + 2 OZ 1 (1 crust) 2 TSP 8 OZ	<p>STEP 1 Heat first measure of oil over medium heat. Add onion and bell peppers. Saute until tender. Pour in eggs. As eggs begin to set around the edges, push the cooked portion toward the center. Season with pepper.</p> <p>CCP: Cook eggs to 145 degrees F.</p> <p>STEP 2 Brush pizza crust lightly with second measure of oil using a pastry brush. Use seasoned oil to maximize flavor profile. Place cooked egg mixture evenly on top of the dough. Top with cheese.</p> <p>STEP 3 Bake in a conventional or deck oven 500 degrees F (260 degrees C) 8-11 min. Convection oven 375 degrees F (190 degrees C) 7-10 min.</p> <p>STEP 4 Garnish with bell pepper strips or banana pepper rings, if desired.</p> <p>STEP 5 Cut into 8 slices.</p> <p>CCP: Serve immediately or hold for hot service at 140 degrees F.</p>
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Calories	408	Iron	3.54 Mg	Protein	20.99 G	20.58%	Calories from Prot
Cholesterol	286 Mg	Calcium	294 Mg	Carbohydrates	36.52 G	35.80%	Calories from Carb
Sodium	640 Mg	Vitamin A	1011 IU	Total Fat	18.60 G	41.04%	Calories from T Fat
Dietary Fiber	3.09 G	Vitamin C	38.8 Mg	Saturated Fat	5.93 G	13.08%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Breakfast Sandwich Variations (B- 55)

Variation	Ingredient Modifications Ingredients for ONE sandwich:	<u>Nutrients</u>											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	NOTE: 1 large egg = 2 oz. meat/meat alternate
A. Breakfast bagel with egg and cheese	4 oz. bagel 1 oz. precooked egg 1 oz. American cheese	465	126	1090	2.38	4.48	215	137	0	21.3	61.6	14.1	6.9	4 1/2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
B. Breakfast bagel with egg, cheese, and ham	4 oz. bagel 1 oz. precooked egg 1 oz. American cheese 1 oz. cooked turkey ham	499	152	1437	2.38	4.78	216	142	4.3	26.0	62.1	17.8	7.35	4 1/2 breads/grains, 1 large egg, 1.7 oz. meat/meat alternate
C. Breakfast bagel with egg, cheese, and sausage	4 oz. bagel 1 oz. precooked egg 1 oz. American cheese 1 oz. cooked sausage	567	151	1380	2.38	4.96	222	137	0.6	27.6	62.1	22.2	9.73	4 1/2 breads/grains, 1 large egg, 2 oz. meat/meat alternate
D. Breakfast bagel with egg and ham	4 oz. bagel 1 oz. precooked egg 1 oz. turkey ham	392	125	1031	2.38	4.67	42	60	4.3	19.8	61.6	6.91	1.77	4 1/2 breads/grains, 1 large egg, 0.75 oz. meat/meat alternate
E. Breakfast bagel with egg and sausage	4 oz. bagel 1 oz. precooked egg 1 oz. cooked sausage	460	124	975	2.38	4.84	48	55	0.6	21.5	61.6	13.4	4.14	4 1/2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
F. Breakfast bagel with ham and cheese	4 oz. bagel 1.5 oz. turkey ham 1 oz. American cheese	451	52	1358	2.38	4.44	196	87	4.2	22.9	61.5	12.3	6.31	4 1/2 breads/grains, 2 oz. meat/meat alternate
G. Breakfast bagel with cheese, sausage	4 oz. bagel 1 oz. cooked sausage 1 oz. American cheese	520	51	1301	2.38	4.62	202	82	0.6	24.5	61.5	18.8	8.68	4 1/2 breads/grains, 2 oz. meat/meat alternate
H. Breakfast English muffin with egg	2 oz. English muffin 1 oz. precooked egg	191	99	365	1.64	1.88	127	55	0.1	7.90	29.0	4.59	1.20	2 breads/grains, 1 large egg
I. Breakfast English muffin with egg and cheese	2 oz. English muffin 1 oz. precooked egg 1 oz. American cheese	298	126	770	1.64	1.99	301	137	0.1	14.2	29.4	13.4	6.78	2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
J. Breakfast English muffin with egg, cheese, and ham	2 oz. English muffin 1 oz. precooked egg 1 oz. cooked turkey ham ½ oz. slice American cheese	331	152	1117	1.64	2.28	303	142	4.3	18.9	29.9	15.1	7.26	2 breads/grains, 1 large egg, 0.75 oz. meat/meat alternate

Breakfast Sandwich Variations (B- 55), continued

Variation	Ingredient Modifications Ingredients for ONE sandwich:	<u>Nutrients</u>											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	NOTE: 1 large egg = 2 oz. meat/meat alternate
K. Breakfast English muffin with egg, cheese, and sausage	2 oz. English muffin 1 oz. American cheese 1 oz. cooked sausage	399	151	1061	1.64	2.46	309	137	0.75	20.5	29.9	21.6	9.64	2 breads/grains, 1 large egg, 2 oz. meat/meat alternate
L. Breakfast English muffin with ham and egg	2 oz. English muffin 1 oz. cooked turkey ham 1 oz. precooked egg	225	125	712	1.64	2.17	128	60	4.3	12.6	29.4	6.23	1.68	2 breads/grains, 1 large egg, 0.75 oz. meat/meat alternate
M. Breakfast English muffin with egg and sausage	2 oz. English muffin 1 oz. precooked egg 1 oz. cooked sausage	293	124	655	1.64	2.35	134	55	0.75	14.2	29.4	12.7	4.05	2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
N. Breakfast English muffin with ham and cheese	2 oz. English muffin 1.5 oz. turkey ham 1 oz. American cheese	284	52	1038	1.64	1.94	283	87	4.3	15.8	29.3	11.6	6.22	2 breads/grains, 2 oz. meat/meat alternate
O. Breakfast Hard roll with egg	3 oz. hard roll 1 oz. precooked egg	277	99	539	2.00	3.04	40	55	0.0	11.1	42.6	6.46	1.54	3 1/3 breads/grains, 1 large egg
P. Breakfast Hard roll with egg and cheese	3 oz. hard roll 1 oz. precooked egg 1 oz. American cheese	383	126	945	2.00	3.15	214	137	0.0	17.4	43.1	15.3	7.12	3 1/3 breads/grains, 1 large egg, 1 oz. meat/meat alternate
Q. Breakfast Hard roll with egg, cheese, and sausage	3 oz. hard roll 1 oz. American cheese 1 oz. cooked sausage	485	151	1235	2.00	3.62	222	137	0.6	23.7 3	43.6	23.4	9.98	3 1/3 breads/grains, 1 large egg, 2 oz. meat/meat alternate
R. Breakfast Hard roll with ham and egg	3 oz. hard roll 1 oz. cooked turkey ham 1 oz. precooked egg	310	125	886	2.00	3.33	41	60	4.3	15.8	43.1	8.10	2.02	3 1/3 breads/grains, 1 large egg, 0.75 oz. meat/meat alternate
S. Breakfast Hard roll with egg and sausage	3 oz. hard roll 1 oz. precooked egg 1 oz. cooked sausage	378	124	830	2.00	3.51	47	55	0.6	17.4	43.1	14.6	4.40	3 1/3 breads/grains, 1 large egg, 1 oz. meat/meat alternate
T. Breakfast Hard roll with ham and cheese	3 oz. hard roll 1.5 oz. turkey ham 1 oz. American cheese	370	52	1212	2.00	3.10	196	87	4.2	19.0	42.9	13.5	6.56	3 1/3 breads/grains, 2 oz. meat/meat alternate
U. Breakfast Biscuit with egg	2 oz. biscuit 1 oz. precooked egg	253	100	675	0.75 3	2.21	47	55	0.0	6.66	28.1	12.8	2.45	2 breads/grains, 1 large egg

Breakfast Sandwich Variations (B- 55), continued

Variation	Ingredient Modifications Ingredients for ONE sandwich:	<u>Nutrients</u>											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	NOTE: 1 large egg = 2 oz. meat/meat alternate
V. Breakfast Biscuit with egg and cheese	2 oz. biscuit 1 oz. precooked egg 1 oz. American cheese	359	127	1081	0.75 3	2.32	222	138	0.0	12.9	28.6	21.7	8.03	2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
W. Breakfast Biscuit with egg and ham	2 oz. biscuit 1 oz. precooked egg 1 oz. cooked turkey ham	287	125	1022	0.75 3	2.50	49	60	4.3	11.5	28.6	14.5	2.92	2 breads/grains, 1 large egg, 0.75 oz. meat/meat alternate
X. Breakfast Biscuit with egg and sausage	2 oz. biscuit 1 oz. precooked egg 1 oz. cooked sausage	355	124	966	0.75 3	2.68	55	55	0.6	12.9	28.6	20.9	5.31	2 breads/grains, 1 large egg, 1 oz. meat/meat alternate
Y. Breakfast Biscuit with egg, cheese, and sausage	2 oz. biscuit 1 oz. precooked egg 1 oz. cooked sausage 1 oz. American cheese	461	151	1371	0.75 3	2.79	229	138	0.6	19.3	29.0	29.8	10.9	2 breads/grains, 1 large egg, 2 oz. meat/meat alternate
Z. Breakfast Biscuit with sausage and cheese	2 oz. biscuit 1 oz. cooked sausage 1 oz. American cheese	414	51	1292	0.75 3	2.45	209	82	0.6	16.1	28.4	26.3	9.85	2 breads/grains, 2 oz. meat/meat alternate

CARROT BRAN MUFFINS**(B-57)****Portion Size – 1 Each (2 oz.)**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>20</u>	<u>40</u>	<u>80</u>	
1 cup + 2 tbsp.	2 ¼ cups	4 ½ cups	Water, cool
1 ¼ lb.	2 ½ lb.	5 lb.	Pillsbury Bran Muffin Mix
½ tsp.	1 tsp.	2 tsp.	Cinnamon, ground
¾ cup	1 ½ cups	3 cups	Carrots, shredded
½ cup	1 cup	2 cups	Raisins, plumped
¼ cup	½ cup	1 cup	Pineapple, crushed, well-drained
½ cup	1 cup	2 cups	Nuts, chopped
½ cup	1 cup	2 cups	Coconut, flaked

METHOD**STEP 1**

Pour water into mixer bowl. Add muffin mix and cinnamon.

STEP 2

Mix on low speed, using paddle, for 30 seconds. Scrape bowl and paddle. Add remaining ingredients. Continue mixing on low speed for 30 seconds.

STEP 3

Portion 2 oz. (level #16 dipper) batter into well greased or paper lined muffin cups.

STEP 4

Bake at 400° F in conventional oven about 15 – 21 minutes or 325° F in convection oven about 13-18 minutes. Muffins are done when center springs back when touched lightly or when a wooden pick, inserted in center, comes out clean.

Variation A: For larger muffins, portion batter with a level number #8 dipper. Increase baking time to 17 – 22 minutes. Finished muffins will weigh 4 oz. (2 servings of bread/grains). *Nutrient analysis per muffin:* 344 calories, 5.54 g protein, 47.74 g carbohydrates, 15.42 g fat, 4.24 g saturated fat, 0 mg cholesterol, 236 RE vitamin A, 1.7 mg vitamin C, 2.28 mg iron, 73.24 mg calcium, 310 mg sodium, and 3.5 g fiber. *Cost per serving* = \$0.32.

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.16
1 bread/grains	

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	172
Protein	2.77 g
Carbohydrates	23.87 g
Fat-total	7.71 g
Saturated Fat	2.12 g
Cholesterol	0 mg
Vitamin A (RE)	118
Vitamin C	0.85
Iron	1.14 mg
Calcium	36.62 mg
Sodium	155 mg
Fiber	1.75 g
% Protein	6.44
% Carbohydrate	55.53
% Total Fat	40.35
% Saturated Fat	11.12

Chartwells School Dining Services

007085 - Cheesy Grits

Source: B- 60
 Number of Portions: 100
 Size of Portion: 1 Cup

Meat/Alt 0 oz.
 Grain/Bread 2 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

090046 GRITS,CORN,DRY-COMMOD..... 9 LB 001009 CHEESE,CHEDDAR..... 2 LB		1. Cook grits according to package directions. Do not add salt or fat. 2. Stir shredded cheddar cheese into the cooked grits. Continue to stir over low heat until cheese is melted. BE CAREFUL NOT TO BURN CEREAL. 3. Portion with a 8 oz. ladle. Provides 2 servings of bread/grains.
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Calories	188	Iron	1.66 Mg	Protein	5.85 G	12.45%	Calories from Prot
Cholesterol	10 Mg	Calcium	66 Mg	Carbohydrates	32.61 G	69.38%	Calories from Carb
Sodium	57 Mg	Vitamin A	92 IU	Total Fat	3.50 G	16.74%	Calories from T Fat
Dietary Fiber	0.65 G	Vitamin C	0.0 Mg	Saturated Fat	1.97 G	9.45%	Calories from S Fat
* - Denotes Missing Nutrient Values							

CINNAMON APPLE BREAKFAST QUESADILLA (B-61)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
50	100	200	6” flour tortillas, 1 oz. each
3 qt.+ ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	Applesauce, sweetened
1 ½ cup + 1 tbsp.	3 cup + 2 tbsp.	6 ¼ cups	Cinnamon sugar, divided
3 lb. + 2 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Monterey Jack cheese, shredded
3 1/8 cups	6 ¼ cups	3 qt. + ½ cup	Vanilla yogurt
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.57
2 bread/grains, ½ cup fruit, 2 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	558		
Protein	20.83 g		
Carbohydrates	71.43 g		
Fat-total	22.04 g		
Saturated Fat	12.14 g		
Cholesterol	52 mg		
Vitamin A (RE)	150		
Vitamin C	3.4 mg		
Iron	4.10 mg		
Calcium	596 mg		
Sodium	608 mg		
Fiber	5.30 g		
% Protein	14.94		
% Carbohydrate	51.24		
% Total Fat	35.57		
% Saturated Fat	19.59		

METHOD

To Make Each Quesadilla:

STEP 1

Place one tortilla on ungreased baking sheet. Spread ¼ cup (No. 16 scoop) applesauce over tortilla. Reserve remaining applesauce for Step 5.

STEP 2

Sprinkle ½ Tbsp. cinnamon sugar over applesauce. Top with 2 oz. (1/2 cup) cheese and second tortilla.

STEP 3

Bake at 400 degrees F in a conventional oven for 6-8 minutes or until golden brown. Cool 10 minutes.

STEP 4

Cut each quesadilla into quarters. Provide 4 quarters for each portion.

STEP 5

Garnish each portion with ¼ cup (No. 16 scoop) of applesauce and 2 tbsp. vanilla yogurt. Sprinkle ½ tbsp. cinnamon sugar over applesauce and yogurt.

Variation A: Substitute part skim mozzarella cheese for Monterey Jack cheese. *Nutrients per serving:* 460 calories, 34 mg cholesterol, 568 mg sodium, 5.30 g fiber, 3.82 mg iron, 539 mg calcium, 106 RE vitamin A, 3.36 mg vitamin C, 20.71 g protein (16.90%), 72.61 g carbohydrates (59.26%), 13.89 g fat (25.51%), 7.06 g saturated fat (12.97%).

COUNTRY SKILLET BREAKFAST WRAP (B - 63)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 oz. 10 slices	1 lb. + 8 oz. 25 slices	3 lb. 50 slices	Cooked diced chicken, heated Bacon, cooked, crushed into small pieces
10 ea. 5 cups	25 ea. 3 qt. + ½ cup	50 ea. 6 qt. + 1 cup	Scrambled eggs, cooked Diced bell pepper, tomato, and onions, in equal proportions
5 oz. 10 ea.	12 oz. 25 ea.	1 lb. + 8 oz. 50 ea.	Cheddar cheese, shredded 12" flour tortilla, 3.5 oz. ea.

Portion Size – 1 Each (Whole Filled Tortilla)

METHOD

For each sandwich

Wrap 1 oz. heated cooked diced chicken, ¼ cup (No. 16 scoop) cooked scrambled eggs, ½ oz. grated cheddar cheese, and ½ cup vegetable mixture in a 12" flour tortilla. Serve warm.

One serving = 1 whole filled tortilla

COMPONENTS PER PORTION

4 bread/grains, 3 ½ oz. meat/meat alternate, and ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	540
Protein	21.64 g
Carbohydrates	62.03 g
Fat-total	22.50 g
Saturated Fat	7.45 g
Cholesterol	234 mg
Vitamin A (RE)	192 RE
Vitamin C	29.7 mg
Iron	4.51 mg
Calcium	279 mg
Sodium	838 mg
Fiber	4.53 g
% Protein	16.02
% Carbohydrate	45.91
% Total Fat	37.47
% Saturated Fat	12.41

Chartwells School Dining Services

004615 - Cinnamon Sugar Wrap Toast

Source: B- 64
 Number of Portions: 100
 Size of Portion: 1 Each

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

002010 CINNAMON,GROUND..... 1/2 CUP 019335 SUGARS,GRANULATED..... 1 CUP 018364 TORTILLAS,RTB OR -FRY,FLR..... 1 tortilla 6" dia 993368 Liquid butter alternative, Elite Golden Award..... 2 CUP	<p><u>STEP 1</u> Combine cinnamon and sugar. Place in shaker jar.</p> <p><u>STEP 2</u> Heat liquid butter alternative in a sauce pot.</p> <p><u>STEP 3</u> Brush each tortilla lightly with heated liquid butter alternative using a pastry brush.</p> <p><u>STEP 4</u> Shake cinnamon-sugar mixture over flour tortilla</p> <p><u>STEP 4</u> Roll the flour tortilla up into a tube shape. Place in a hotel pan that has been lightly sprayed with pan spray. Brush the tops of the rolled tortillas with remaining heated liquid butter alternative and sprinkle lightly with cinnamon -sugar. Bake in a 350-degree oven for 2-3 minutes to heat through.</p> <p><u>STEP 5</u> Serve immediately.</p>
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Calories	52	Iron	0.22 Mg	Protein	0.05 G	0.38% Calories from Prot
Cholesterol	0 Mg	Calcium	7 Mg	Carbohydrates	2.61 G	20.18% Calories from Carb
Sodium	34 Mg	Vitamin A	2 IU	Total Fat	4.52 G	78.54% Calories from T Fat
Dietary Fiber	0.31 G	Vitamin C	0.2 Mg	Saturated Fat	0.81 G	14.06% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

001388 - Cinnamon Toast (White)

Source: B- 65
 Number of Portions: 100.0000
 Size of Portion: 1 Slice

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

018070 BREAD,WHITE,COMMLY PREP,TSTD..... 993368 Liquid butter alternative, Elite Golden Award..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND.....	100 slice 2 CUP 1 CUP 1/2 CUP	<p><u>STEP 1</u> Combine cinnamon and sugar. Place in shaker jar.</p> <p><u>STEP 2</u> Heat liquid butter alternative in a saucepot.</p> <p><u>STEP 3</u> Using a pastry brush, lightly brush the toast slices with liquid butter alternative.</p> <p><u>STEP 4</u> Shake cinnamon-sugar mixture over toast slices.</p> <p><u>STEP 5</u> Serve immediately.</p>
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Calories	115	Iron	0.94 Mg	Protein	2.00 G	6.95%	Calories from Prot
Cholesterol	0 Mg	Calcium	33 Mg	Carbohydrates	14.41 G	50.01%	Calories from Carb
Sodium	162 Mg	Vitamin A	2 IU	Total Fat	5.38 G	42.00%	Calories from T Fat
Dietary Fiber	0.85 G	Vitamin C	0.2 Mg	Saturated Fat	0.93 G	7.26%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007086 - Cinnamon Toast (WW)

Source: B- 65A
 Number of Portions: 100.0000
 Size of Portion: 1 Slice

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

018076 BREAD,WHOLE-WHEAT,COMMLY PREP,TSTD. 100 slice 993368 Liquid butter alternative, Elite Golden Award..... 2 CUP 019335 SUGARS,GRANULATED..... 1 CUP 002010 CINNAMON,GROUND..... 1/2 CUP	<p><u>STEP 1</u> Combine cinnamon and sugar. Place in shaker jar.</p> <p><u>STEP 2</u> Heat liquid butter alternative in a saucepot.</p> <p><u>STEP 3</u> Using a pastry brush, lightly brush the toast slices with liquid butter alternative.</p> <p><u>STEP 4</u> Shake cinnamon-sugar mixture over toast slices.</p> <p><u>STEP 5</u> Serve immediately.</p>
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Calories	120	Iron	1.14 Mg	Protein	2.75 G	9.15%	Calories from Prot
Cholesterol	0 Mg	Calcium	27 Mg	Carbohydrates	15.37 G	51.20%	Calories from Carb
Sodium	180 Mg	Vitamin A	2 IU	Total Fat	5.70 G	42.72%	Calories from T Fat
Dietary Fiber	2.15 G	Vitamin C	0.2 Mg	Saturated Fat	1.06 G	7.96%	Calories from S Fat
* - Denotes Missing Nutrient Values							

CINNAMON TWIST (B-66)

Portion Size – 1 ea

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>24</u>	<u>48</u>	<u>96</u>	
1 ½ each	3 each	6 each	Pizza dough, 12 X 16” sheet
1 Tbsp, 1 tsp	2 Tbsp, 2 tsp	1/3 cup	Cinnamon, ground
¾ cup + 1 Tbsp	1 ½ cup + 2 Tbsp	3 ¾ cup	Sugar, granulated
1 cup + 1 Tbsp	2 cup + 2 Tbsp	4 ¼ cup	Sugar, brown

METHOD

STEP 1

Prepare dough as per Steps 1 & 2 in P-120 (plain pizza recipe). After thawed, cut into strips: Each sheet = 16 strips.

STEP 1

Mix together: Cinnamon, granulated sugar and brown sugar; Twist prepared dough pieces to form a 6” piece.

STEP 2

Dip twisted dough strips in water or skim milk, then in cinnamon and sugar mixture

STEP 3

Place on sheet pan and bake at 350°F for 15 minutes (or less) in conventional oven or until nicely browned.

COMPONENTS PER PORTION

1 ½ servings of bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>	<u>RECIPE SOURCE</u>
Calories	139	Based upon the Missouri School Foodservice Association “Commodity Cookbook #1)
Protein	2.39 g	
Carbohydrates	31.55 g	
Fat-total	0.68 g	
Saturated Fat	0.11 g	
Cholesterol	0 mg	
Vitamin A (RE)	0 RE	
Vitamin C	0.11 mg	
Iron	0.47 mg	
Calcium	14.43 mg	
Sodium	141 mg	
Fiber	0.72 g	
% Protein	6.87	
% Carbohydrate	90.70	
% Total Fat	4.39	
% Saturated Fat	0.69	

Chartwells School Dining Services

003766 - Fruit Streusal Pizza

Source: B- 80
 Number of Portions: 8
 Size of Portion: 1 Slice

Meat/Alt 0 oz.
 Grain/Bread 3.6 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

993377 Pizza crust, Schwan's Proof Perfect 16" sheet..... 1 (1 crust) 993368 Liquid butter alternative, Elite Golden Award..... 1 OZ 019335 SUGARS, GRANULATED..... 1 TSP 002010 CINNAMON, GROUND..... 1 TSP 007067R Spiced Apple Topping..... 8 (1/3 CUP) 012154 WALNUTS, BLACK, DRIED..... 4 OZ 900048 Streusal crumb topping, Rich's..... 8 OZ 019336 SUGARS, POWDERED..... 8 TSP	<p>Subrecipe for fruit topping- See recipe B-115</p> <p>STEP 1 Heat liquid butter alternative in a sauce pot.</p> <p>STEP 2 Brush pizza crust lightly with heated liquid butter alternative. Sprinkle the dough with cinnamon sugar. Spread 2 2/3 cup of fruit topping over dough, leaving a border around the edge. Sprinkle with Streusel Crumbs and nuts.</p> <p>STEP 3 Bake in a conventional or deck oven 500°F (260° C) 8-11 min. Convection oven 375°F (190° C) 7-10 min.</p> <p>STEP 4 Sprinkle with confectioners' sugar (about 1 tsp./slice).</p> <p>STEP 5 CCP: Cut into 8 slices and serve immediately, or hold for hot service at 140 degrees F.</p> <p>Recipe variations: Substitute blueberry, cherry, peach or strawberry topping for spiced apple topping. See recipe B-115 variations.</p> <p>NOTE: May omit nuts. If nuts are used, indicate the menu item contains nuts on the printed menu and on the point of sale sign to alert allergic customers.</p>
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Calories	552	Iron	3.40 Mg	Protein	10.41 G	7.55%	Calories from Prot
Cholesterol	0 Mg	Calcium	19 Mg	Carbohydrates	76.98 G	55.83%	Calories from Carb
Sodium	428 Mg	Vitamin A	23 IU	Total Fat	23.31 G	38.04%	Calories from T Fat
Dietary Fiber	4.58 G	Vitamin C	12.3 Mg	Saturated Fat	2.78 G	4.54%	Calories from S Fat

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

007056 - Fruited Sweet Potato Bread

Source: B- 85
 Number of Portions: 50
 Size of Portion: 1 Piece

Meat/Alt 0 oz.
 Grain/Bread 1.75 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODI 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT, TABLE..... 002001 ALLSPICE,GROUND..... 002010 CINNAMON,GROUND..... 004044 OIL,SOYBN,SALAD OR COOKING.....	2 LB + 14 OZ 14 1/2 OZ 15 OZ 1/4 CUP + 2 TBSP 2 TBSP + 1/2 TSP 3 TBSP 1 1/2 TSP 1 1/2 TSP 2 TSP 15 OZ	1. Blend flour, sugar, brown sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg (optional), cinnamon, and oil in a mixer for 3-5 minutes on low speed.
011514 SWEET POTATO,CND,MSHD..... 001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL.....	1/2 #10 Can 5 large 2 CUP	3. Add ½ of the sweet potatoes and mix for 2 minutes on low speed. 4. Add eggs and water. Mix for 1 minute on low speed.
009291 PLUMS,DRIED (PRUNES),UNCKD.....	7 1/2 OZ	5. Add dehydrated plums, remaining sweet potatoes, and nuts (optional). Mix for 3 minutes on low speed.
		6. Lightly coat steamtable pans with pan release spray. Pour 10 lb 10 oz (3 qt 1 cup) batter into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
		7. Bake: Conventional oven: 350° F for 1 hour. Convection oven: 300° F for 40 minutes
		8. Cool. Cut each pan 5 x 10 (50 pieces per pan).
		9. For loaf pans: Lightly coat with pan release spray. Pour 5 lb 5 oz (1 qt 2 1/2 cups) batter into each loaf pan (4" x 10" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
		Bake: Conventional oven: 350°F for 1 hour 20 minutes Convection oven: 300°F for 45 minutes
		Remove from pans. Cool completely. Cut each loaf into 25 slices, about 3/8"-1/2" thick.
		Comments
		To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

Chartwells School Dining Services

	<p>Special Tip</p> <p>50 servings: Use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.</p> <p>100 servings: Use 5 oz (1 ¾ cups) dried whole eggs and 1 ¾ cups water in place of eggs.</p>
	<p>Serving</p> <p>1 piece provides ? cup of vegetable and fruit and 1 ¾ serving of grains/breads.</p>

Calories	286	Iron	2.01 Mg	Protein	4.21 G	5.90% Calories from Prot
Cholesterol	21 Mg	Calcium	61 Mg	Carbohydrates	47.01 G	65.83% Calories from Carb
Sodium	335 Mg	Vitamin A	2746 IU	Total Fat	9.35 G	29.46% Calories from T Fat
Dietary Fiber	1.61 G	Vitamin C	1.7 Mg	Saturated Fat	1.44 G	4.54% Calories from S Fat
* - Denotes Missing Nutrient Values						

GRANOLA (B – 90)**Portion Size – ¼ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
14 oz.	1 lb. + 12 oz.	3 lb. + 8 oz.	Rollled oats
4 oz.	8 oz.	1 lb.	Crushed peanuts (optional)*
3 oz.	6 oz.	12 oz.	Brown sugar
½ cup	1 cup	2 cups	Apple juice
2 tbsp.	¼ cup	½ cup	Vegetable oil
5 ½ oz.	11 oz.	1 lb. + 6 oz.	Honey
½ tbsp.	1 tbsp.	2 tbsp.	Cinnamon, ground
½ tbsp.	1 tbsp.	2 tbsp.	Vanilla extract
4 oz.	8 oz.	1 lb.	Raisins
			*Recipe variation: substitute USDA commodity almonds.

COMPONENTS PER PORTION

1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	119
Protein	3 g
Carbohydrates	23 g
Fat-total	2.1 g
Saturated Fat	0.30 g
Cholesterol	0 mg
Vitamin A (RE)	2 RE
Vitamin C	0 mg
Iron	0.9 mg
Calcium	16 mg
Sodium	2 mg
Fiber	2.00 g
% Protein	9.52
% Carbohydrate	77.47
% Total Fat	16.62
% Saturated Fat	2.59

METHOD**STEP 1**

Combine rolled oats and peanut granules (optional) in a large bowl.

STEP 2

Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla extract in a stock pot. Heat over medium heat for 4 minutes. Do not boil.

STEP 3

Add the brown sugar mixture to the oats and peanuts. Toss to evenly coat.

STEP 4

Spread mixture into sheet pans.

STEP 5

Bake:

Conventional oven- 250 degrees F for 1 hour 15 minutes

Convection oven- 200 degrees F for 1 hour 15 minutes.

STEP 5

Remove from oven. Cool.

STEP 6

Mix in raisins.

Hot Cereal (Plain) Variations (B- 95)

Use the chart below as a guide when cooking plain hot cereals. Measure the amount of water into a saucepan and bring to a full boil. Simmer, covered, for the time specified or until most of the water is absorbed and cereal is tender. If desired, add 1 ½ teaspoons of salt for every 25 portions. Portion each 1 cup serving with an 8 oz. ladle.

Cereal Type	Preparation for 25 Portions, 1 cup each:	Nutrients Per 1 Cup Portion <i>Nutrient analysis does not include salt.</i>											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A. Farina	1 gal. + 3 qts. water 6 cups quick cooking farina Simmer 2 – 3 minutes	115	0	124	0.90	10.7	9	0	0	3.47	25.5	0.16	0.02	2 bread/grains
B. Hominy Grits	1 gal. + 2 qts. water 6 cups quick cooking grits Simmer 5 minutes	145	0	0	0.48	1.54	0	0	0	3.39	31.5	0.48	0.07	2 bread/grains
C. Oatmeal	1 gal. + 2 qts. water 12 cups quick cooking oats Simmer 1 minute; let stand covered for 3 minutes OR 1 gal + 2 qts. water 13 cups regular rolled oats Simmer 5 - 7 minutes; let stand covered for 3 minutes	303	0	5	8.26	3.69	44.5	0	0	3.17	51.7	5.38	0.94	2 bread/grains

HOT CEREAL BAR (B-96)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	<u>Offer at least 2</u>
10 portions	25 portions	50 portions	Farina (recipe B-95)
10 portions	25 portions	50 portions	Hominy Grits (recipe B-95)
10 portions	25 portions	50 portions	Oatmeal (recipe B-95)
10 portions	25 portions	50 portions	Flavored Oatmeal, commercially prepared
10 portions	25 portions	50 portions	Cream of Wheat, commercially prepared
10 portions	25 portions	50 portions	Cream of Rice, commercially prepared
			<u>Offer At least 4, 1/2 cup portion each</u>
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Strawberries, fresh or frozen
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Blueberries, fresh or frozen
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Bananas, fresh sliced
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Peaches, fresh sliced or canned in juice
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Apples, fresh, sliced or chopped
10 oz.	1 lb. 9 oz.	3 lb. 2 oz.	Dried cherries, commodity
10 oz.	1 lb. 9 oz.	3 lb. 2 oz.	Dried cranberries, commodity
10 oz.	1 lb. 9 oz.	3 lb. 2 oz.	Raisins, golden or traditional commodity
			<u>Optional</u>
10 oz.	1 lb. 9 oz.	3 lb. 2 oz.	Walnuts, commodity, ¼ cup portions
10 oz.	1 lb. 9 oz.	3 lb. 2 oz.	Almonds, commodity, ¼ cup portions
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Granola (recipe B-90) , ¼ cup portions
5 oz.	10 oz.	1 lb. 4 oz.	Brown sugar
As needed	As needed	As needed	Cinnamon
As needed	As needed	As needed	Cinnamon & sugar
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Maple syrup, warmed
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Sour cream
2 ½ cups	1 qt. 1 cup	2 qt. 2 cups	Heavy cream or unsweetened whipped cream
2 qt. 2 cups	1 gal. 1 qt.	2 ½ gal.	Whole white milk -8 oz. portions
2 qt. 2 cups	1 gal. 1 qt.	2 ½ gal.	2% white milk -8 oz. portions
2 qt. 2 cups	1 gal. 1 qt.	2 ½ gal.	Skim white milk -8 oz. portions
10 portions	25 portions	50 portions	Toast (recipe B-120)*
10 portions	25 portions	50 portions	Muffins (recipe B-100)*
10 portions	25 portions	50 portions	Juice (recipe B-15)*

METHOD

STEP 1

Select food items (“ingredients”) to be offered on the theme bar. Offer at least the minimum number of required food components or meal subunits.

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

Record the amounts of each food item offered, leftover, and served on the corresponding theme bar production record on the following page. Completing the theme bar record is required for subsequent menu nutritional analysis.

Food specifications and food components contributed by each ingredient that may be offered on the theme bar are also specified on the corresponding theme bar production record on the following page.

For each serving, allow*:

- ½ cup cereal plus 1 other bread equivalent (toast, muffin, bagel, ¼ cup granola) OR 1 cup cereal
- ½ cup total fruit or juice
- 8 fl. oz. milk

***Be sure to offer all breakfast components to complete a reimbursable meal.**

Menutainment Theme Bar Food Production Record: Hot Cereal Bar

Total Number of Customers Served _____ (Reimbursable Meals _____ Adult/A La Carte Meals _____)

Food Item	Recipe/Product	FOOD AMOUNTS				
		Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups.				
		Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
<i>Offer at least 2, 1/2 cup portion each</i>						
Farina	B-95					
Hominy Grits	B-95					
Oatmeal	B-95					
Flavored Oatmeal, comm. prepared						
Cream of Wheat, comm.prepared						
Cream of Rice, comm.prepared						
<i>Offer 4, 1/4 cup portion each</i>						
Strawberries, fresh or frozen						
Blueberries, fresh or frozen						
Bananas, fresh sliced						
Peaches, fresh sliced or canned in juice						
Apples, fresh, sliced or chopped						
Dried cherries, commodity						
Dried cranberries, commodity						
Raisins, commodity						
<i>Optional:</i>						
Walnuts, commodity, 1/4 cup portion						
Almonds, commodity, 1/4 cup portion						
Granola (B-90) , 1/4 cup portion						
Brown sugar						
Cinnamon						
Cinnamon & sugar						
Maple syrup, warmed						
Sour cream						
Heavy cream or unsweetened whipped cream						
Whole white milk	8 oz. Portion					
2% white milk	8 oz. Portion					
Skim white milk	8 oz. Portion					
Toast	B-120					
Muffins	B-100					
Juice	B-15)*					

JALAPENO CORN MUFFINS

(B-98)

Portion Size – 1 each (2.25 oz.)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>30</u>	<u>65</u>	<u>130</u>	
2 ¼ cups + 1 tbsp.	5 cups	2 qt. + 2 cups	Water, cool
2 lb. + 5 oz.	5 lb.	10 lb.	Pillsbury Corn Muffin Mix
¼ tsp.	½ tsp.	1 tsp.	Cayenne pepper
¾ cup + 3 tbsp.	2 cups	1 qt.	Whole kernal corn, well drained
1/3 cup + 2 tbsp.	2 cups	2 cups	Cheddar cheese, shredded, lowfat
3 tbsp. + 2 tsp.	½ cup	1 cup	Pimento, chopped
1 tbsp. + 2 ½ tsp.	¼ cup	½ cup	Jalapeno peppers, canned, finely chopped

METHOD

STEP 1

Pour water into mixing bowl. Add muffin mix and cayenne pepper.

STEP 2

Mix on low speed, using paddle, for 30 seconds. Add remaining ingredients. Continue mixing on low speed for 30 seconds. (Batter can also be mixed by hand using a rubber spatula or spoon). Mix until well combined.

STEP 3

Portion 2 ¼ oz (#16 dipper) batter into well greased or paper lined muffin cups.

STEP 4

Bake:

Bake at 400° F in conventional oven about 15 – 21 minutes or 325° F in convection oven about 13-18 minutes. Muffins are done when center springs back when touched lightly or when a wooden pick, inserted in center, comes out clean.

Variation A: For larger muffins, portion batter with a level number #8 dipper. Increase baking time to 17 – 22 minutes. Finished muffins will weigh 4 oz. (4 servings of bread/grains). *Nutrient analysis per muffin:* 262 calories, 5.52 g protein, 45.78 g carbohydrates, 6.92 g fat, 1.62 g saturated fat, 0 mg cholesterol, 30 RE vitamin A, 3.6 mg vitamin C, 1.78 mg iron, 74 mg calcium, 510 mg sodium, and 1.6 g fiber. *Portion cost = \$0.32.*

COMPONENTS PER PORTION

Portion cost = \$0.16

2 servings bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	131
Protein	2.76 g
Carbohydrates	22.89 g
Fat-total	3.46 g
Saturated Fat	0.81 g
Cholesterol	8 mg
Vitamin A (RE)	15
Vitamin C	1.8 mg
Iron	0.89 mg
Calcium	37 mg
Sodium	255 mg
Fiber	0.8 g
% Protein	8.41
% Carbohydrate	69.78
% Total Fat	23.71
% Saturated Fat	5.57

MEXICAN BREAKFAST WRAP (B-99)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>24</u>	<u>48</u>	<u>96</u>	
24 each	48 each	96 each	Jalapeno cheese wrap, 3.5 oz. each
6 cups	3 qt.	6 qt.	Eggs, cooked, scrambled, pasteurized
1 ½ lb.	3 lb.	6 lb.	Spicy breakfast sausage, cooked, crumbled
12 oz.	1 ½ lb.	3 lb.	Cheddar cheese, lowfat, shredded
1 ½ qt.	3 qt.	6 qt.	Salsa, commodity

METHOD

STEP 1

Heat wrap to make pliable.

STEP 2

Place ¼ cup eggs, 1 oz. sausage, and ½ oz. cheddar cheese onto wrap.

STEP 3

Top with ¼ cup salsa. Roll and serve.

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.60
3.9 bread/grains, 4 oz. meat/meat alternate, ¼ cup vegetables	

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	543
Protein	26.40 g
Carbohydrates	59.15 g
Fat-total	21.40 g
Saturated Fat	6.80 g
Cholesterol	294 mg
Vitamin A (RE)	218
Vitamin C	2.59 mg
Iron	5.89 mg
Calcium	288.94 mg
Sodium	1072 mg
Fiber	4.09 g
% Protein	19.46
% Carbohydrate	43.59
% Total Fat	35.48
% Saturated Fat	11.27