

Granola Source: USDA Team Nutrition Healthy School Meals Recipes

Ingredients

- 2 qt, 2 cups Rolled oats
- 1 1/2 c Peanut granules (optional)
- 3/4 cup, 2 Tbsp Brown sugar, packed
- 1 cup Apple juice
- 1/4 cup, 1 Tbsp Vegetable oil
- 1 cup Honey
- 1 tsp Salt
- 1 Tbsp Ground cinnamon
- 1 Tbsp Vanilla
- 2 cups Raisins



Directions

1. Combine the rolled oats and peanut granules (optional) in a large bowl.
2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well. Heat on medium for 4 minutes. Do not boil.
3. Add the brown sugar mixture to the oats and peanut granules. Toss to evenly coat.
4. Spread 3 lb 12 oz (3 qt 1 cup) of this mixture on sheet pan (18" x 26" x 1").
Bake: Conventional oven: 250°F for 1 1/4 hours.
Convection oven: 200°F for 1 1/4 hours.
Stir granola every 15 min.
5. Remove from oven. Cool.
6. Mix in raisins.
7. Portion with No. 16 scoop (1/4 cup).

Special Tips: Store in a tightly covered container in a cool place. Serve over yogurt or oatmeal.

Servings: 1/4 cup (No. 16 scoop)

Yield: 50 Servings

Nutrients Per Serving: Calories 129, Protein 2.9g, Carbohydrate 24.9g, Total Fat 2.5g, Saturated Fat 0.4g, Cholesterol 0mg, Vitamin C 0.3mg, Vitamin A 1 IU, Iron 1mg, Calcium 17mg, Sodium 49mg, Dietary Fiber 2g

Not-Just-For-Breakfast Pizza Source: The American Egg Board

Ingredients

Whole Grain Pizza Dough/Shell	2 lb. Cheese, shredded (Low-moisture, reduced-fat Mozzarella, Cheddar, pizza, or taco blend)
2 lb. Turkey ham, diced	1/4 cup Mexican or Southwestern seasoning blend
1 lb. Green pepper, diced	5 lbs 4 oz. Eggs (If using frozen or liquid whole egg product)
8 oz. Onion, diced	
16 oz. Nonfat milk	

Directions

1. Defrost dough or prepare crusts according to Manufacturer instructions.
2. Combine turkey ham, green pepper, and onions. Portion 7 oz. mixture over dough in each pan.
3. Sprinkle each pizza with 4 oz. cheese.
4. Mix milk and seasonings; whip in eggs until blended. Pour approximately 1 1/2 cups egg mixture into each pan.
5. Bake at 400°F for about 30 to 35 min., until pizzas are puffed and knife inserted near center comes out clean. Slice each pizza into 6 pieces. Serve immediately.

Special Tips: Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

Servings: 1/6 of 10 in pie

Yield: 48 Servings

Nutrients Per Serving: Calories 260, Protein 17g, Carbohydrate 18g, Total Fat 13g, Saturated Fat 5g, Cholesterol 234mg, Vitamin A 535 IU, Vitamin C 9mg, Iron 2mg, Calcium 204mg, Sodium 776mg, Dietary Fiber 1g

Strawberry Yogurt Shake Source: Produce for Better Health Foundation, 5 A Day Cookbook

Ingredients

4 48 ounce cans 100% Pineapple juice, unsweetened, canned	4 quarts Vanilla lowfat yogurt
16 quarts Fresh or frozen strawberries (commodity)	1 1/3 cup Honey
	1 gallon 1% Milk
	1/2 cup Lemon juice, full strength

Directions

1. Add pineapple juice, strawberries, and yogurt in a gallon container.
2. Use immersion blender to puree until smooth (or divide into smaller batches and use regular blender).
3. Add honey, milk, and lemon juice to fruit puree and blend until completely incorporated.
4. Chill until service.

Servings: 1/2 cup

Yield: 100 Servings

Nutrients Per Serving: Calories 149.2, Saturated Fat 1.3g, Iron 0.7mg, Protein 5.5g, Cholesterol 8.5mg, Calcium 196.4mg, Carbohydrates 28.1g, Vitamin A 237 IU, Sodium 200mg, Total Fat 2.3g, Vitamin C 37.7mg, Dietary Fiber 1.6g

Breakfast Burrito w/ Salsa Source: School Nutrition Association (SNA)

Ingredients

- 6 lb 4 oz Eggs, whole, fresh & frozen
- 10 oz Corn, sweet, yellow, frozen, kernels
- $\frac{3}{4}$ cup Milk 1% lowfat
- 12 oz Peppers, sweet, green, raw, diced
- 14 oz Onions, fresh, diced
- 2 oz Tomatoes, fresh, red, ripe, diced
- $\frac{1}{4}$ cup Mustard, yellow prepared
- 2 tsp Garlic, granulated
- 1 Tbsp Hot pepper sauce
- 2 tsp Salt, table
- 3 lb 2 oz Salsa, commodity



Directions

1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, diced green peppers, diced onions, diced tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
2. Pour 1 gallon, 2 cups of the above egg mixture into each of two oiled 12" x 20" x 2 1/2" steam table pans. Cover with foil or metal lid.
3. Bake in Conventional oven at 350°F for 60 minutes or bake in Convection oven at 325°F for 50 min. or bake in compartment steamer for 30 min. Bake until thoroughly cooked.
4. Arrange 25 tortillas in each of two 12" x 20" x 2 1/2" steam table pans, so that they overlap.
5. Heat tortillas in compartment steamer for 2 - 3 minutes, covered with plastic wrap, or heat in Conventional oven at 300°F for 3 min., covered with a clean damp cloth, or heat in Convection oven at 300°F for 3 min., covered with a clean damp cloth.
6. Fill each tortilla with a No. 10 scoop of cooked egg mixture.
7. Serve each burrito with 2 Tsp (1 oz) of salsa as a garnish.

Servings: 1 burrito

Yield: 50 burritos

Nutrients Per Serving: Calories 222, Protein 11.1g, Carbohydrates 24.8g, Fat 8.4g, Saturated Fat 2.4g, Cholesterol 241mg, Vitamin A 439.6 IU, Vitamin C 8.4mg, Iron 2.7mg, Calcium 83mg, Sodium 475mg, Dietary Fiber 1g

For additional recipes, please see enclosed disk.