

# GET YOUR Day IN Gear WITH A Healthy School Breakfast

## 2023 SCHOOL BREAKFAST WEEK RECIPE BOOK



Join other districts around the state by participating in the School Breakfast Week theme days. Try a new recipe from TDA or use one of your student's favorite recipes that fit the daily theme. Customize the recipes to fit your service style from traditional on the line to breakfast in the classroom!

**MON**

### MONDAY: PROGRAMMING PARFAIT

Parfaits are a great grab-and-go option easily served in any setting. Serve the new Muffin Parfait customized with your students' favorite fruit.

**TUE**

### TUESDAY: WACKY ROBOT WAFFLES

Try this breakfast twist on the classic grilled cheese. Your students will love the Waffle Grilled Cheese.

**WED**

### WEDNESDAY: STEM SCONES

Bake ahead scones will be the perfect start to your students' school day.

**THU**

### THURSDAY: FUEL UP FRENCH TOAST

Start your students' day with French toast – a perfect balance of protein and whole grains.

**FRI**

### FRIDAY: BATTERY CHARGING BREAKFAST PIZZA

Pizza for any meal is a student favorite. Swap out the pizza crust with hashbrown with this new recipe.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
School Breakfast Week



Updated 03/01/2023  
[www.SquareMeals.org](http://www.SquareMeals.org)



## Programming Parfait

### Ingredients

Vanilla Yogurt	6.25 lbs
Muffins	50 each (1 oz eq)
Fresh berries, assorted	6.25 lbs

### Directions

1. Slice the muffin into three parts, save the muffin top for last layer and then cut the bottom into two equal parts.
2. Place half the muffin bottom into the base of the cup.
3. Layer 1 oz of yogurt on top of the muffin.
4. Layer 1 oz of berries on top of yogurt.
5. Repeat the layers in the same order with the remaining muffin, yogurt and berries.
6. Place the muffin top as the last layer of the parfait.
7. Hold for cold service at 41 degrees F or lower.
8. Refrigerate until served.

RECIPE GROUP: **Combo**

**Portion Yield** 50 servings

**Portion Size** 1 each

**HACCP Process** #2- Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 0.5 oz eq

**Grain** 1 oz eq\*

**Fruit** ½ cup



Source: *American Dairy Association North East*



\*Grain oz eq may vary based on produce served



## Texas Sliced Apples

### Ingredients

Apple, fresh, whole, cored, sliced 6.9 lbs

### Directions

1. Wash apples and remove any stickers.
2. Core and slice apples.
3. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: Food Buying Guide



## Wacky Robot Waffles

### Ingredients

Waffles, precooked	100 each
Cheese, cheddar, sliced	3.125 lbs

### Directions

1. Line waffles side-by-side on a parchment-lined sheet tray. Place a slice of cheese on each waffle and then top with an additional waffle to make the sandwich.
2. Bake for 10 to 15 minutes in a 350°F oven until cheese is melted and waffles are crispy.
3. Serve 1 waffle sandwich per serving.

RECIPE GROUP: *Combo Entrée*

<b>Portion Yield</b>	50
<b>Portion Size</b>	1 sandwich, each
<b>HACCP Process</b>	#2 – Same Day Service

### MEAL PATTERN COMPONENTS

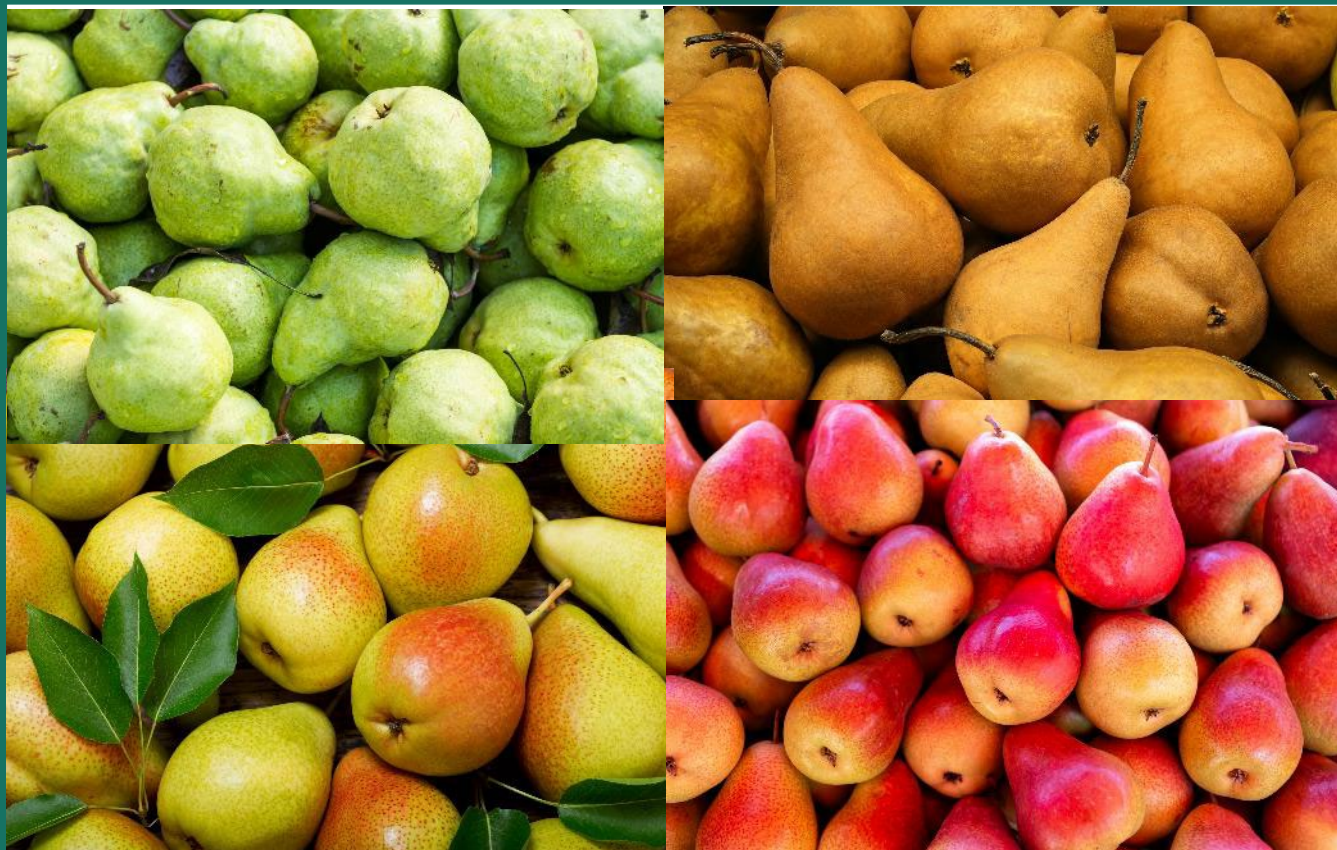
<b>Meat/Alt</b>	1 oz eq
<b>Grain</b>	2 oz eq*
<b>Fruit</b>	N/A
<b>Vegetable</b>	N/A
<b>Milk</b>	N/A



Source: *Culinary Nutrition Associates*



\*Grain oz eq may vary based on produce served



## Fresh Pears

### Ingredients

Pears, fresh, 150 count, whole 12.2 lbs

### Directions

1. Wash pears and remove any stickers.
2. Serve whole.
3. 1 pear is a ½ cup fruit serving.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



A medium pear provides 6g of fiber!



## Chili Cinnamon Roasted Sweet Potatoes

### Ingredients

Sweet potatoes, fresh, wedges or sticks	15.5 lbs
Chili powder	1 Tbsp
Cinnamon	2 tsp
Sugar	1 Tbsp
Black, pepper, ground	1 tsp
Garlic, granulated	½ tsp
Salt, kosher	½ tsp
Oil, olive or canola	1 cup

### Directions

1. Preheat oven to 400°F.
2. Scrub sweet potatoes (and peel if desired) and cut them into wedges or sticks.
3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, garlic, salt.
4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings.
5. Place on sheet trays. For 50 servings, use 2 full sheet trays.
6. Bake at 400°F for 12 to 15 minutes, or until tender and browned in spots.
7. Portion into ½ cup servings and serve immediately.

RECIPE GROUP: *Vegetable*

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** #2 – Same Day Service

### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	NA
<b>Grain</b>	NA
<b>Fruit</b>	NA
<b>Vegetable</b>	½ cup Red
<b>Milk</b>	NA



Ensure sweet potatoes are dried before seasoning to prevent burning while baking.



## S.T.E.M Scones

### Ingredients

Flour, whole wheat	10 ¼ oz
Flour, all purpose, enriched, unbleached	10 oz
Sugar, granulated	8 oz
Baking powder	4 ½ tsp
Baking soda	1 tsp
Salt	½ tsp
Lemon zest	3 tsp, divided
Yogurt, vanilla, low-fat	2 ¼ cups
Eggs	4 ½ oz
Butter, unsalted, melted	5 Tbsp
Blueberries, frozen	2 ¼ cups
Sugar, powdered	1 cup
Lemon Juice	2 Tbsp

### Directions

1. Preheat convection oven to 350°F.
2. Mix flours, sugar, baking powder, baking soda, salt and 2 teaspoons of lemon zest.
3. Whisk together yogurt, egg and melted butter. Add to dry ingredients and stir until just incorporated.
4. Gently add in frozen blueberries. Do not over mix or scones will be tough. Do not thaw blueberries.
5. Use a #12 scoop (1/3 cup) onto a sprayed sheet pan 4x6.
6. Bake for 14 minutes or until done.
7. To make icing: mix powdered sugar, lemon juice and remaining teaspoon of lemon zest until smooth. Icing will be slightly runny.
8. Glaze the top of each scone with 1 teaspoon of icing.

RECIPE GROUP: **Grain**

**Portion Yield** 18 each

**Portion Size** 1 scone

**HACCP Process** #2 – Same Day Service

### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	NA
<b>Grain</b>	1.5 oz eq
<b>Fruit</b>	NA
<b>Vegetable</b>	NA
<b>Milk</b>	NA



Source: *TDA Cooking for the Seasons Cookbook*



## Savory Sausage Links

### Ingredients

Turkey sausage links	50 each
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### Directions

1. Prepare sausage links based on manufacturer's instructions to ensure proper cooking times and temperature.

RECIPE GROUP: *Meat*

<b>Portion Yield</b>	50 servings
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<b>Portion Size</b>	1 link
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<b>HACCP Process</b>	#1 – Same Day Service
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### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	1 oz eq*
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<b>Grain</b>	N/A
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<b>Fruit</b>	N/A
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<b>Vegetable</b>	N/A
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<b>Milk</b>	N/A
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M/MA oz eq may vary based on product served



## Fresh Grapefruit

### Ingredients

Grapefruit, fresh, 27-32 count, large, whole 25 lbs

### Directions

1. Wash grapefruits and peel off stickers.
2. Slice grapefruit into quarter sections.
3. Serve 2 quarters for  $\frac{1}{2}$  cup fruit.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size**  $\frac{1}{2}$  cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

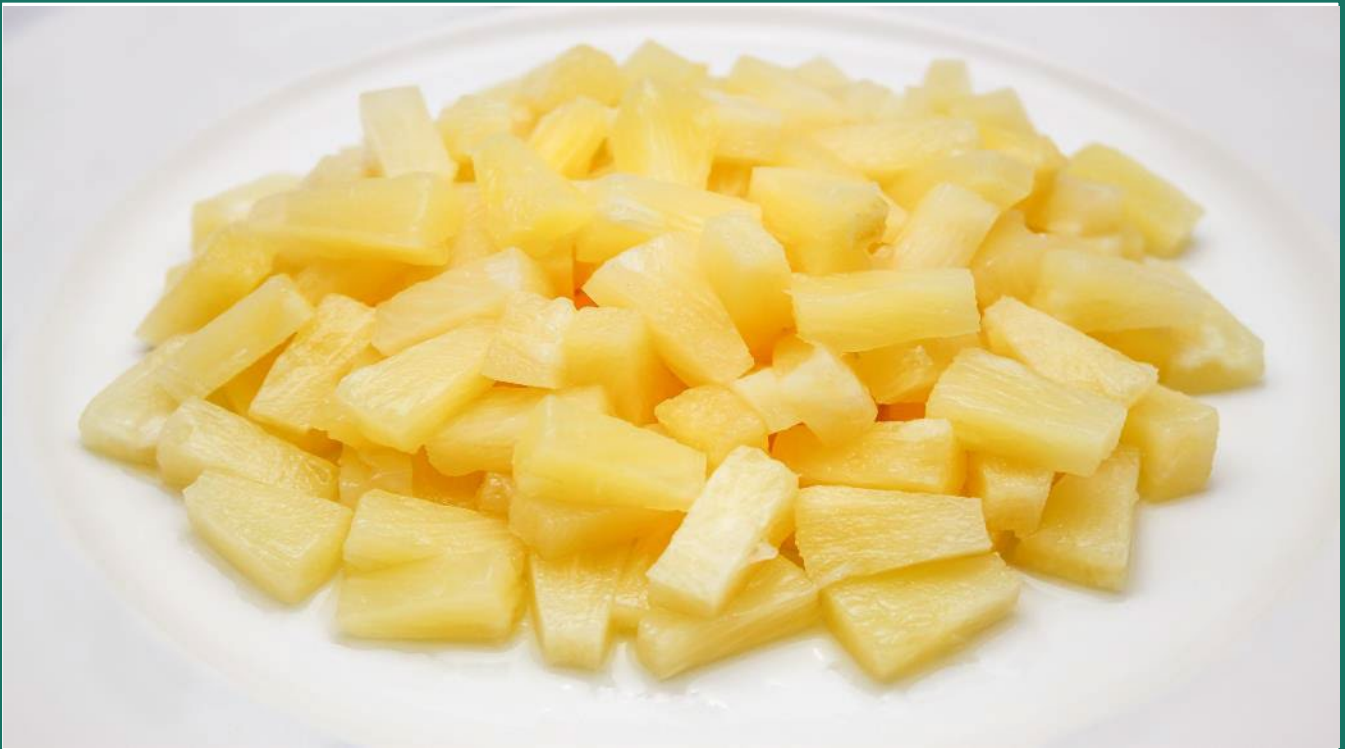
**Meat/Alt** N/A

**Grain** N/A

**Fruit**  $\frac{1}{2}$  cup

**Vegetable** N/A

**Milk** N/A



## Pineapple Tidbits

### Ingredients

Pineapple, canned, tidbits, 3 #10 cans  
packed in juice or light syrup

### Directions

1. Wipe down tops of cans prior to opening.
2. Drain liquid from cans.
3. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: Food Buying Guide



## Fuel Up French Toast

### Ingredients

Eggs, whole, frozen, thawed	2 lbs plus 15 oz
Milk, low-fat	1 qt plus 2 cups
Sugar	10 oz
Salt	¼ tsp
Vanilla extract	1 Tbsp plus 1 tsp
Cinnamon, ground	2 tsp
Bread, whole grain-rich, sliced	3 lbs plus 4 oz
Maple syrup	12 oz

### Directions

1. Combine eggs, milk, sugar, salt, vanilla and cinnamon in a large bowl. Stir well.
2. Break bread slices into small pieces and add to the egg mixture. Stir well before allowing bread to set for 30 minutes to an hour. Bread should be soft and broken up completely.
3. Pour 2 qt (about 4 lb 13 oz) bread mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. Spread evenly.
4. Pour ¾ cup (about 6 oz) maple syrup over each pan in a swirling motion.
5. Bake: Conventional oven: 400°F for 25–35 minutes. Convection oven: 350°F for 20–25 minutes.
6. Allow to rest for 20 minutes before cutting.

RECIPE GROUP: *Combo Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 square

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 1 oz eq

**Grain** 1 oz eq

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A



Source: *USDA Recipe*



Portion: Divide each pan 5 x 5 (25 pieces per pan).  
Serve 1 piece (about 2 3/8" x 4").



## Fresh Grapes

### Ingredients

Grapes, fresh, seedless,  
whole, without stems

8 lbs plus 10 oz

### Directions

1. Wash fresh grapes.
2. Portion  $\frac{1}{2}$  cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size**  $\frac{1}{2}$  cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit**  $\frac{1}{2}$  cup

**Vegetable** N/A

**Milk** N/A



## Applesauce

### Ingredients

Applesauce, canned, smooth or chunky      2.2 #10 cans

### Directions

1. Wipe or rinse the lid of the can before opening.
2. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



## Battery Charging Breakfast Pizza

### Ingredients

Turkey breast, ground, raw	2 lbs
Fennel seed, whole	2 tsp
Salt	2 tsp
Cayenne pepper	½ tsp
Sage, ground	1 tsp
Red pepper flakes	½ tsp
Coriander seeds, whole	1 Tbsp plus 2 tsp
Applesauce, canned	6 oz
Hashbrown potatoes, frozen, thawed	6 lbs
Eggs, whole, frozen, thawed	1 lb plus 4 oz
Cheese, cheddar, low-fat, shredded	8 oz
Green onions, fresh, sliced	2 Tbsp plus 2 tsp
Bell pepper, red, fresh, diced	1 lb

### Directions

1. Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large stock pot. Stir well before cooking uncovered over medium to high heat for about 10 minutes.
2. Remove turkey from heat. Drain turkey in a colander. Set aside for step 4.
3. Combine 1⅓ cups (about 10 oz) turkey, hash browns, and eggs in a large bowl. Double the amount for 100 servings. Stir well. Set remaining turkey aside for step 7. Set hash brown mixture aside for step 5.
4. Pour 2 qt (about 3 lb 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly.
5. Bake: Conventional oven: 425 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
6. Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers.
7. Bake: Conventional oven: 425 °F for 15 minutes. Convection oven: 400 °F for 10 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 3½" x 2½")

RECIPE GROUP: *Combo Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 each

**HACCP** #2 – Same Day

**Process** Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 1 oz eq

**Grain** N/A

**Fruit** NA

**Vegetable** 5/8 cup starchy

1/8 cup other



Source: *USDA Recipe*



## Toasty Toast

### Ingredients

Bread, whole grain-rich, sliced 48 each (28g)

### Directions

1. Preheat oven to 350°F
2. Place bread on sheet pans 4x 6 that has been sprayed with butter spray.
3. Spray the top of the bread with butter spray.
4. Toast the bread in an oven until golden brown about 4-6 minutes.
5. Serve immediately.

RECIPE GROUP: **Grain**

**Portion Yield** 48 servings

**Portion Size** 1 slice

**HACCP Process** #2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** 1 oz eq\*

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A



Grain oz eq may vary based on product served



## Fresh Bananas

### Ingredients

Bananas, fresh, 150 count, 7 27 lbs plus 13 oz  
to 7-7/8 inch, whole

### Directions

1. Separate bananas from the bunch for quick service.
2. One banana equals ½ cup fruit.

RECIPE GROUP: **Fruit**

**Portion Yield** 100 servings

**Portion Size** 1 each

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



## Sliced Peaches

### Ingredients

Peaches, canned, freestone, sliced      4 #10 cans

### Directions

1. Wipe or rinse the tops of cans prior to opening.
2. Drain liquid from the cans.
3. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield**    54 servings

**Portion Size**     ½ cup

**HACCP Process**       1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt**            N/A

**Grain**                N/A

**Fruit**                 ½ cup

**Vegetable**          N/A

**Milk**                 N/A