

# HEALTHY SCHOOL BREAKFAST

# RECIPE BOOK

MARCH 7 - 11



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# BAGEL BAR

**YIELD:** 100 portions

**SERVING SIZE:** 1 bagel

## INGREDIENTS

- 100 each, Whole-wheat bagels, 2-ounce eq portions
- 3 ½ - 32-ounce container, nut/nut free butter

## CREDITING

2 oz eq Grain\*, 1 oz eq Meat/Meat Alternate

\*grain oz eq may vary based on product used

## INSTRUCTIONS

1. Place bagels in warmer to heat prior to service.
2. Spread 2 tablespoons of nut/nut free butter on each bagel. (1 tablespoon per side)
3. Serve with fruit toppings such as sliced blueberries and sliced bananas.
4. Optional, serve with cream cheese. Remember cream cheese is an extra item and does not count as a meat/meat alternate.



# FRESH BANANA

**YIELD:** 100 servings

**SERVING SIZE:** 1 each

## INGREDIENTS

- 28 pounds plus 5 ounces, Bananas, fresh, 100-120 count, regular, whole, raw, ½-inch, sliced fruit

## INSTRUCTIONS

1. Separate bananas from the bunch for quick service.
2. Slice bananas into ½ inch slices for toppings on bagel.

## CREDITING

½ cup Fruit

HACCP 1 – No cook

# FRESH BLUEBERRIES

**YIELD:** 100 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 16 pounds plus 13 ounces pounds, Blueberries, fresh, whole

## INSTRUCTIONS

1. Wash blueberries.
2. Place ½ cup blueberries in single container cups for quick service

## CREDITING

½ cup Fruit

HACCP 1 – No cook





# CRAN-SAUSAGE MUFFINS

**SOURCE:** Healthier Kansas Recipes

**YIELD:** 100 servings

**SERVING SIZE:** 1 muffin



## INGREDIENTS

- 3 pounds plus 8 ounces Flour, white whole wheat
- 2 pounds plus 12 ounces Cornmeal, enriched
- 1 pound plus 8 ounces Sugar, granulated
- 3 tablespoons Sage, ground
- 3 tablespoons Onion powder
- 3 tablespoons Baking powder
- 1 tablespoon plus 1 teaspoon Baking soda
- 1 tablespoon plus 1 teaspoon
- Salt, table
- 1 quart plus 1 ½ cups Yogurt, plain, fat-free
- 1 quart plus 1 ½ cups Milk, low-fat
- 1 quart Oil, vegetable
- 1 ⅔ cups Egg, frozen, raw
- 3 pounds Sausage Patty, CN Labeled providing 1 oz eq M/MA, fully cooked
- 1 pound plus 14 ounces Cranberries, dried

## CREDITING

2.25 oz eq Grains, .25 oz eq Meat/Meat Alternative

HACCP 2 – Same day service

## INSTRUCTIONS

1. Preheat convection oven to 325°F.
2. Ensure sausage and eggs are completely thawed.
3. Cut sausage into small chunks/crumbles.
4. In a large bowl, combine flour, cornmeal, sugar, sage, onion powder, baking powder, baking soda, and salt.
5. In a mixer, using the whisk attachment, combine yogurt milk, oil, and eggs into a smooth mixture. With the mixer on slow, gradually add flour and cornmeal mixture. Add sausage and cranberries, mixing until incorporated well into the dough. Do not overmix.
6. Place paper muffin cups in muffin pans and spray the inside of each cup with cooking spray. Divide batter among 100 muffin cups by using a #12 scoop. Bake 12-15 minutes or until muffins are golden brown and internal temperature reaches 165°F.

# FRESH GRAPEFRUITS

**YIELD:** 50 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 25 pounds, Grapefruit, fresh, 27-32 count, large, whole grapefruit, ½ cup fruit and liquid

## INSTRUCTIONS

1. Slice grapefruit into quarters.
2. Serve 2 quarters for ½ cup fruit.

## CREDITING

½ cup Fruit

HACCP 1 – No cook

# DICED PEARS

**YIELD:** 57 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 3-#10 cans, Pears, canned, diced, drained fruit

## INSTRUCTIONS

1. Drain liquid from cans
2. Portion ½ cup servings in single container cups for quick service

## CREDITING

½ cup Fruit

HACCP 1 – No cook



# SUNSHINE BLENDER-LESS SMOOTHIE BOWL

**SOURCE:** Dole

**YIELD:** 40 servings

**SERVING SIZE:** 1 bowl

## INGREDIENTS

- 160-ounce low-fat vanilla yogurt
- 1-#10 can crushed pineapple in 100% juice
- 5 pounds frozen strawberries, diced, thawed
- 40 packets graham crackers, 2 oz eq packets

## CREDITING

2 oz eq Grains; 4 oz eq MMA; ½ cup Fruit  
HACCP 1 – No cook

## INSTRUCTIONS

1. Combine crushed pineapple and yogurt in a large mixing bowl. Stir until pineapple is evenly distributed.
2. Scoop ¾ pineapple yogurt mixture into an individual bowl.
3. Top with ¼ cup diced strawberries.
4. Serve with graham cracker packet.





# MANDARIN ORANGES

**YIELD:** 54 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 18 pounds Mandarin oranges, canned, drained fruit

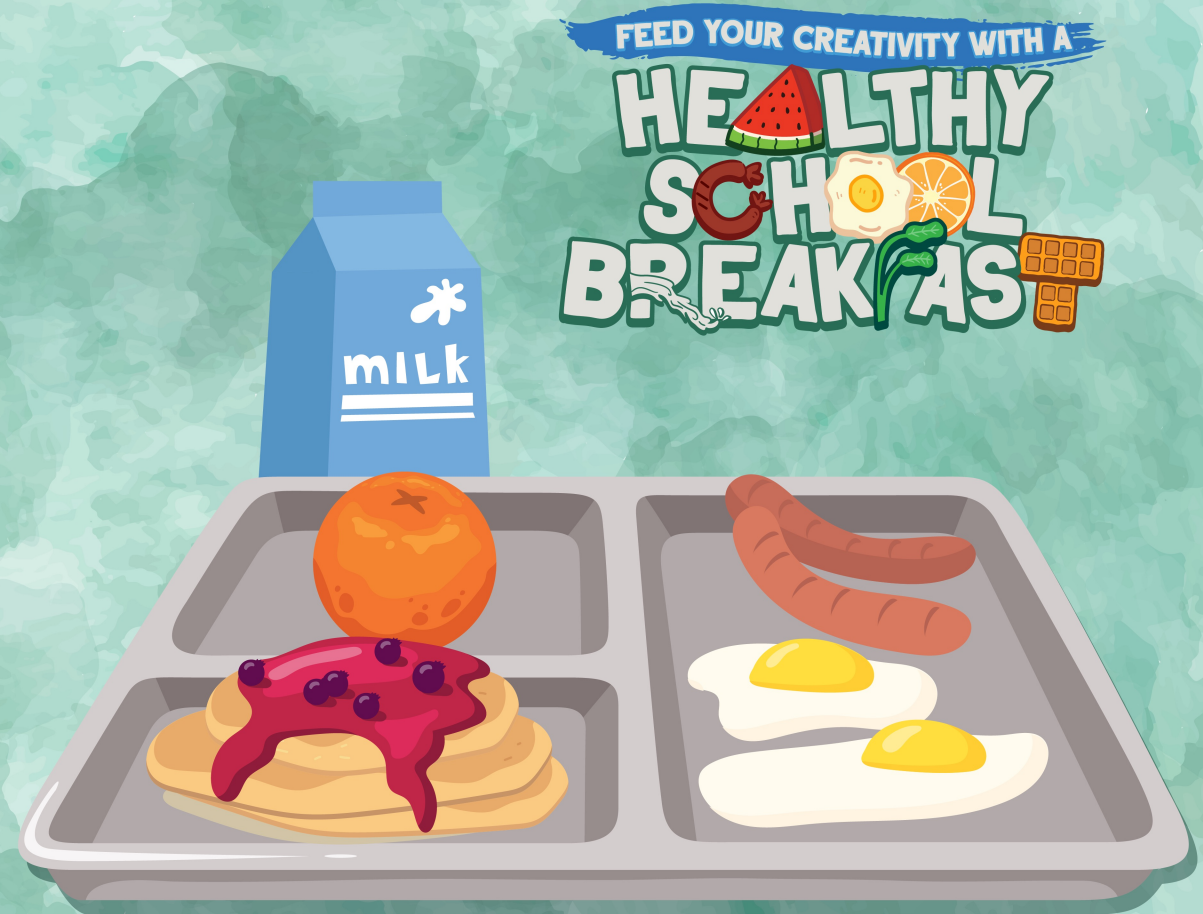
## INSTRUCTIONS

1. Drain liquid from cans
2. Portion ½ cup servings in single container cups for quick service

## CREDITING

½ cup Fruit

HACCP 1 – No cook



# CINNAMON CRUMBLE SQUARE

**SOURCE:** On, Wisconsin! Menus – Breakfast Recipes

**YIELD:** 96 servings

**SERVING SIZE:** 1 muffin



## INGREDIENTS

- 2 pounds Flour, all purpose, enriched
- 3 pounds plus 2 ounces Flour, white whole wheat
- 2 tablespoons plus 2 teaspoons Baking powder
- 2 tablespoons plus 2 teaspoons Baking soda
- 2 tablespoons plus 2 teaspoons Cinnamon, ground
- 3 pounds plus 2 ounces Sugar, granulated
- 1 tablespoon plus 1 teaspoon Salt
- 8 Eggs, large
- 4 pounds Milk, unflavored, low-fat
- 1 pounds Oil, vegetable
- 2  $\frac{3}{4}$  cups Orange juice concentrate, frozen
- 1 pound Applesauce, unsweetened, canned
- 2 pounds Brown sugar
- 8 ounces Margarine

### INGREDIENTS FOR GLAZE:

- 1 cup Milk, unflavored, low-fat
- 1 pound plus 12 ounces Sugar, powdered
- 1 tablespoon plus 1 teaspoon Vanilla

## CREDITING

Crediting: 1.5 oz eq Grains  
HACCP 3 – Complex

## INSTRUCTIONS

1. Mix flours, baking powder, soda, cinnamon, sugar, and salt in mixing bowl. **Note:** Weighing flour is most accurate. If measuring, stir the flour and spoon into the measuring cup. Do not pack the flour.
2. Add egg, milk, oil, orange juice, and applesauce. Mix only until moistened. Do not over mix. For 24 servings, pour 3 pounds plus 12 ounces batter into a 12" x 12" x 2  $\frac{1}{2}$ " pan that has been lightly coated with pan release spray. For 96 servings use 4 pans. **Note:** if using another size pan, ensure 3 pounds plus 12 ounces of batter is used for 24 servings. Cooking times may vary with different size pans.
3. Mix brown sugar and margarine together and sprinkle over the batter before baking.
4. Bake as directed below.  
Convection Oven 325°F for 20-25 minutes  
Conventional Oven 350°F for 30 minutes
5. Combine milk, powdered sugar, and vanilla. Drizzle over the coffee cake.
6. For 24 servings, cut each pan 4x6.
7. Wrap pieces individually in foil for grab and go service.

**Tip:** Coffee cake can be made the day ahead and then warmed in the proofing cabinet before drizzling with glaze right before serving.

# SLICED PEACHES

**YIELD:** 54 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 4 #10 cans Peaches, canned, freestone, sliced

## INSTRUCTIONS

1. Drain liquid from cans
2. Portion ½ cup servings in single container cups for quick service

## CREDITING

½ cup Fruit

HACCP 1 – No cook

# FRESH GRAPES

**YIELD:** 50 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 8 pounds plus 10 ounces Grapes, fresh, seedless, whole, without stem

## INSTRUCTIONS

1. Wash fresh grapes.
2. Portion ½ cups servings in single container cups for quick service.

## CREDITING

½ cup Fruit

HACCP 1 – No cook





# BREAKFAST WALKING TACO

**SOURCE:** Jennie-O K12 Recipes

**YIELD:** 50 servings

**SERVING SIZE:** 1 each



## INGREDIENTS

- 4 pounds Potatoes, diced, frozen
- 4 ounces Oil, vegetable
- 25 Eggs, large or 2 pounds plus 12 ounces Eggs, pasteurized, thawed
- 3 pounds plus 8 ounces Turkey sausage crumbles
- 12.5 ounces Cheese, yellow, shredded
- 1 quart plus 3 cups Salsa, canned
- 50 ounces Tortilla chips, whole grain, 1 oz eq portions

## CREDITING

MMA 1.75 oz eq Meat/Meat Alternates\*, 1 oz eq Grain,  $\frac{3}{4}$  cup Vegetable ( $\frac{1}{2}$  cup starchy,  $\frac{1}{4}$  red/orange)

\*Meat/Meat Alternate oz eq may vary based on turkey sausage crumble product

HACCP 2 – Same day service

## INSTRUCTIONS

1. Toss the potatoes with the oil and bake in the oven at 400°F for about 20 minutes until soft and brown.
2. Cook or scramble the eggs until done.
3. Heat the turkey sausage crumbles to 165°F.
4. Assemble walking tacos in individual 1 ounce bag of chips or in 12-ounce bowls or boats:
  - #8 scoop of potatoes
  - 1 ounce turkey sausage crumbles
  - $\frac{1}{4}$  ounce cheese
  - 1 oz chips
  - 2-ounce salsa
5. Assemble on serving line for best quality

**Tip:** Younger students may prefer components separated in a tray instead of in one bag or bowl.

# WATERMELON SALSA

**SOURCE:** Oklahoma Farm to School Cooking

**YIELD:** 50 servings

**SERVING SIZE:** ½ cup

## INGREDIENTS

- 1 each Onion, white, finely chopped
- 1 each Bell pepper, green, diced
- 1 each Bell pepper, yellow, diced
- 2 each Jalapeno pepper, seeds and membranes removed, finely chopped
- ¼ bunch Cilantro, finely chopped
- 1 each Watermelon, whole, approximately 17 pounds
- ⅓ cup Lime juice
- ½ teaspoon Garlic powder
- ½ teaspoon Salt

## CREDITING

½ cup Fruit/Vegetable  
HACCP 1 – No cook

## INSTRUCTIONS

1. Wash and chop or dice onion, bell peppers, jalapenos peppers, cilantro.
2. Remove rind from watermelon. Dice into ½ inch pieces.
3. Mix all ingredients gently in a large bowl.
4. Portion ½ cups servings in single container cups for quick service.

**Tip:** Make the day before and store salsa in the refrigerator for up to a day in a covered plastic or glass container.







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