Granola

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats	1 lb 12 oz	2 qt 1/2 cup	3 lb 8 oz	1 gal 1 cup		1. Combine the rolled oats and peanut granules (optional) in a large bowl.
Peanut granules (optional)	8 oz	1 1/2 cups	1 lb	3 cups		
Brown sugar	6 oz	1 cup	12 oz	2 cups		2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well to dissolve sugar. Heat on medium for 4 minutes. Do not boil.
Apple juice		1 cup		2 cups		
Vegetable oil		1/4 cup		1/2 cup		
Honey	11 oz	1 cup	1 lb 6 oz	2 cups		
Salt		1 tsp		2 tsp		
Ground cinnamon		1 Tbsp		2 Tbsp		3. Add the brown sugar mixture to the oats and peanuts. Toss to evenly coat.
Vanilla		1 Tbsp		2 Tbsp		4. Spread 3 lb 7 oz of this mixture on each 18" x 26" x 1" sheet pan. **To Bake:** Conventional Oven 250°F, 1 hour 15 minutes Convection Oven 200°F, 1 hour 15 minutes Stir granola every 15 minutes. 5. Remove from oven. Cool.
Raisins	8 oz	1 1/2 cups	1 lb	3 cups		6. Mix in raisins.

(over)

SERVING: ¼ cup
provides 1 serving of grains/breads

YIELD: 50 servings: 3 lb 6 oz
100 servings: 6 lb 12 oz

VOLUME: 50 servings: 3 qt 1½ cups
100 servings: 1 gal 1 qt 3 cups

Special Tips:

1) Granola will keep nicely if stored in a tightly covered container in a cool place.

2) Great served over puddings, yogurt, or ice cream.

Nutrients Per Serving

Calories	119	Saturated Fat	.3 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	23 g	Vitamin A	2 RE/15 IU	Sodium	49 mg
Total Fat	2.1 g	Vitamin C	0 mg	Dietary Fiber	2 g

Breakfast Burrito with Salsa

Meat • Vegetable • Grains/Breads **Breakfast J-2**

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen whole eggs, thawed	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt		1. In a mixer, using a paddle attachment, blend the eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.
OR						
Fresh large eggs		50 each		100 each		
Frozen corn	10 oz	2 cups	1 lb 4 oz	1 qt		
Lowfat milk		3/4 cup		1 1/2 cups		2. Pour 1 gal 2 cups of the above egg mixture into each oiled 12" x 20" x 2 1/2" steam table pan. Cover with foil or metal lid.
*Fresh green peppers, diced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup		
OR						
†Dried green peppers		1/4 cup		1/2 cup		**To Bake:** Conventional Oven 350°F, 60 minutes Convection Oven 325°F, 50 minutes Compartment Steamer 30 minutes Bake until thoroughly cooked.
*Onions, diced	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 1/2 cup		
OR						
†Dried minced onions	10 oz	1/4 cup	1 lb 4 oz	1/2 cup		
*Fresh tomatoes, diced	2 oz	1 cup	4 oz	2 cups		
Prepared mustard		1/4 cup		1/2 cup		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Hot pepper sauce		1 Tbsp		2 Tbsp		
Salt		2 tsp		1 Tbsp 1 tsp		

*See Marketing Guide.

†Rehydrate using an equal amount of water. Do not drain.

(over)

Breakfast Burrito with Salsa *(continued, page 2 of 3)*

SERVING: 1 burrito provides 2 ounces of meat, 1/4 cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 9 lb 12 oz (filling)
100 servings: 19 lb 8 oz (filling)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas, 7-inch	.....	50 each.....	.....	100 each.....	.....	3. Arrange 25 tortillas in each 12" x 20" x 2½" steam table pan, so that they overlap. **To Heat:** Compartment Steamer 2 to 3 minutes, covered with plastic wrap Conventional Oven 300°F, 3 minutes covered with a clean damp cloth Convection Oven 300°F, 3 minutes covered with a clean damp cloth 4. Fill each tortilla with a No. 10 scoop of cooked egg mixture. See illustration for filling and rolling tortillas. 5. Serve each burrito with 2 Tbsp (1 oz) of salsa as a garnish.
Canned salsa	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt	.....	

Special Tip: For best results, cook egg filling in a steamer.

Nutrients Per Serving

Calories	242	Saturated Fat	2.3 g	Iron	2.5 mg
Protein	12 g	Cholesterol	241 mg	Calcium	92 mg
Carbohydrate	28 g	Vitamin A	140 RE/657 IU	Sodium	442 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

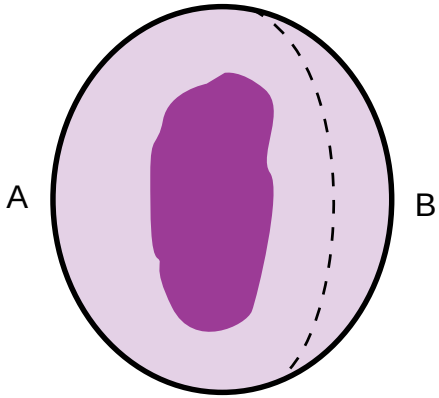
Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	15 oz	1 lb 14 oz	.....
Onions	1 lb	2 lb	.....
Tomatoes	11 oz	1 lb 6 oz	.....

Step 1

Place one No. 30 scoop of filling in an oblong shape in the middle of a tortilla. Fold edge A to B (on dotted line). (Figure 1)

Figure 1



Step 2

Fold edge C to line D (on dotted line), approximately 2 inches from bottom edge. (Figure 2)

Figure 2

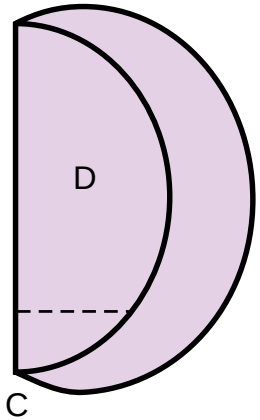
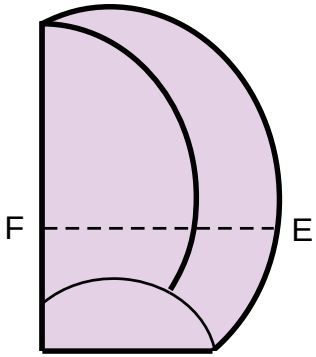


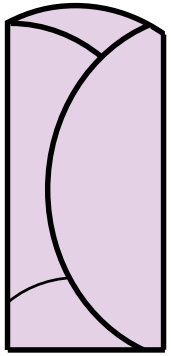
Figure 3



Step 3

Fold edge E to opposite edge, F. (Figure 3)

Figure 4



Step 4

A finished burrito should look like Figure 4.

Baked French Toast Strips

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
"Texas Toast" white bread, ½" thick (1½ oz slices)	3 lb 5 oz	35 slices	6 lb 10 oz	70 slices	.....	1. Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each lightly greased 12" x 20" x 2½" steam table pan.
Frozen whole eggs, thawed....	2 lb 14 oz	1 qt 1¾ cups	5 lb 12 oz	2 qt 3½ cups	.....	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.
OR						
Fresh large eggs	.....	25 each.....	.....	50 each.....	.....	
Lowfat milk	.....	1 qt 2 cups	.....	3 qt	.....	
Sugar	10 oz	1¼ cups	1 lb 4 oz	2½ cups	.....	3. Pour 1 qt 1 cup of egg mixture over each pan of bread strips.
Salt.....	.....	1½ tsp	.....	1 Tbsp	.....	
Vanilla	.....	1 Tbsp 1 tsp ..	.....	2 Tbsp 2 tsp ..	.....	4. Cover pans with plastic wrap and chill for 4 to 24 hours.
Ground cinnamon	.....	2 tsp	.....	1 Tbsp 1 tsp ..	.....	5. Sprinkle cinnamon on top. 6. **To Bake:** Conventional Oven 425°F, 35 minutes Convection Oven 375°F, 20 minutes 7. Serve with Spiced Apple Topping (G-9), lowfat yogurt, fresh fruit, or maple syrup.

(over)

Baked French Toast Strips *(continued, page 2 of 2)*

SERVING: 2 strips
provides 1 large egg and
1 serving of grains/breads

YIELD: 50 servings: 9 lb
100 servings: 18 lb

Nutrients Per Serving

Calories	157	Saturated Fat	1.2 g	Iron	1.2 mg
Protein	7 g	Cholesterol	112 mg	Calcium	73 mg
Carbohydrate	23 g	Vitamin A	67 RE/226 IU	Sodium	301 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g