

2009

NSBW Recipes



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BREAKFAST SANDWICH

YIELD: 25 sandwiches

PER SERVING: 305.4 cal., 13.9 g pro., 27.7 g carb., 4.4 g fiber, 15.5 g fat, 5.3 g sat. fat, 155.3 mg chol., 722.4 mg sod., 212.5 IU vit. A, 0.1 mg vit. C, 198.5 mg ca., 2.1 mg iron

INGREDIENTS

Whole-wheat English muffins—25 muffins
1 1/2-oz. grilled egg patty—25 patties
1-oz. round sausages—1 lb., 9 ozs.

DIRECTIONS

1. Heat the egg patties and sausages in steamers or ovens until they reach 165°F for 15 seconds (or according to package instructions).
2. Assemble each sausage with an egg patty on a whole-wheat English muffin. Cover or wrap the sandwiches to prevent them from drying out during holding.
3. **Critical Control Points:** Hold and serve the breakfast sandwiches at 135°F or above. Portion 1 sandwich per student customer.

Recipe & Recipe analysis: SNA, WEBSMARTT, powered by WinSNAP v.2.5

FRUIT TOPPINGS

YIELD: 25 servings

PER SERVING: 136.8 cal., 1.6 g pro., 32.3 g carb., 1.8 g fiber, 0.1 g fat, 0 g sat. fat, 0 mg chol., 4.5 mg sod., 529.4 IU vit. A, 33 mg vit. C, 12.2 mg ca., 0.5 mg iron

INGREDIENTS

Frozen, sweetened, mixed fruit—4 cups
Canned, tropical fruit salad in pineapple juice—4 cups
Dried tart cherries and cranberries—1 lb., 2 ozs.

DIRECTIONS

1. **Critical Control Points:** Assemble pre-chilled ingredients and utensils and ensure that the frozen and canned fruits are 41°F or below before preparation.
2. Defrost the mixed fruit.
3. Divide the mixed fruit into 1/2-cup servings, the tropical fruit salad into 1/2-cup servings and the dried fruit into 2-oz. servings.
4. **Critical Control Points:** Quickly chill the mixed and tropical fruit choices to 41°F or less and serve at this temperature, as well. (Dried fruit may be served at room temperature.)
5. Let student customers each select one choice from among the three fruit toppings.

Recipe & Recipe analysis: SNA, WEBSMARTT, powered by WinSNAP v.2.5

FRUIT CUP

YIELD: 25 servings

PER SERVING: 28.9 cal., 0.6 g pro., 7.1 g carb., 0.7 g fiber, 0.1 g fat, 0 g sat. fat, 0 mg chol., 14.1 mg sod., 1,374.1 IU vit. A, 22.3 mg vit. C, 6.2 mg ca., 0.2 mg iron

INGREDIENTS

Diced honeydew melons—6 1/4 cups

Cubed cantaloupe—6 1/4 cups

DIRECTIONS

1. **Critical Control Points:** Pre-chill all the necessary utensils and ensure all the ingredients are chilled at 41°F or below.
2. Combine all the ingredients. (Use fresh fruit, if possible. When using frozen fruits, defrost them first.)
3. **Critical Control Points:** Quickly chill the dish to 41°F or lower after preparation and refrigerate until serving.
5. **Critical Control Point:** Serve at 41°F or lower. Provide 1/2 cup per student customer.

Recipe & Recipe analysis: SNA, WEBSMARTT, powered by WinSNAP v.2.5