

New Breakfast Recipes

Proven winners
with kids and schools!



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Blueberry Delight



Blueberry Delight—Quick Scratch Preparation

Recipe HACCP Process: #3 Complex

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1/2 cup Fruit

Portion Size: 1 square

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Pan-release spray	As needed		As needed		1. Preheat oven. 2. Coat a 12 X 20 X 2 inch full size steamtable pan with pan release. (One pan for 24 servings; two pans for 48 servings).
Oats, quick cooking	24 oz.	1 quart + 3 1/2 cups	48 oz.	2 quarts + 7 cups	3. In a bowl combine oats, yogurt, and brown sugar. Using gloved hands mix well. (See photo #1)
Greek yogurt, vanilla, fat free	16 oz.	2 cups	32 oz.	4 cups	4. Place ~3 lbs. (2 1/2 quarts—not packed down) of oat mixture into each prepared pan.
Brown sugar	12 oz.	1 1/2 cups	24 oz.	3 cups	5. Press out oat mixture evenly in bottom of pan. (See photo #2)
Eggs, liquid	6 oz.	3/4 cups (3 shell eggs)	12 oz.	1 1/2 cups (6 shell eggs)	6. Pour eggs into a large mixing bowl and add cornstarch and sugar. 7. Using a stiff whisk, blend until smooth. (See photo #3) Note: Floor mixer may be necessary for large batches. 8. Add Greek yogurt and stir until blended.
Cornstarch	2 oz.	1/3 cup + 2 Tbsp.	4 oz.	3/4 cup + 1 Tbsp.	
Sugar, granulated	12 oz.	1 1/2 cups	24 oz.	3 cups	
Greek yogurt, vanilla, fat free	96 oz.	3 quarts	192 oz.	1 gal. + 2 quarts	
Blueberries, individually quick frozen	3 lbs. 2 oz. (50 oz.)	1 1/2 quarts	6 lbs. 4 oz. (100 oz.)	3 quarts	
Flour, All Purpose		2 – 3 Tbsp.		4 – 6 Tbsp.	9. Place frozen blueberries in full size steamtable pan. Toss with flour. Note: Keep berries frozen until ready to use. 10. Gently fold 1 1/2 quarts of blueberries into yogurt mixture; pour approximately 1 gal + 2 cups evenly over crust. (See photo #4) 11. Bake at 325°F for 1 hour and 30 minutes in a conventional oven, or 300°F for 1 hour and 10 minutes in a convection oven. Edges should be slightly brown, while middle will not be set. Note: Put blower on low. CCP: Minimum internal temperature should reach 165°F. 12. Remove the pan from oven and cover with foil, being sure to fully seal edges of the foil around pan. (This will prevent hot air from entering, which can lead to excess browning.) Bake for another 30 minutes. 13. Cool immediately to 41° F. CCP: Cool to 70°F within 2 hours; then to below 41°F within 4 additional hours . Best if prepared 24 hours in advance.

Blueberry Delight—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1/2 cup Fruit

Recipe HACCP Process: #3 Complex

Portion Size: 1 square

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Blueberries, individually quick frozen or fresh as garnish	2 lbs.	1 quart	4 lbs.	2 quarts	<p>Post-Bake</p> <p>14. Cut pan 4 x 6 into 24 squares. CCP: No bare hand contact with ready-to-eat food.</p> <p>15. Garnish each piece with 1/4 cup blueberries using 2 oz. spoodle or #16 disher. CCP: Hold and serve at 41°F or below.</p>

Comments
Tossing the blueberries in flour reduces bleeding during the baking process.
Any individually-quick-frozen berries, mixed berries or cherries can be substituted.
Whole eggs may be used in place of liquid egg. Six whole eggs = 1 1/2 cup of liquid egg. Three whole eggs = 3/4 cup liquid egg.
A fruit sauce can be used in place of plain fruit as a topping for this dish. Instructions (24 servings): Combine remaining blueberries (or other fruit) and 1 cup of sugar in a small saucepot. Cook on low heat for 10 minutes, just until blueberries have burst and sauce begins to thicken. Remove from heat and let cool. Top each portion of Blueberry Delight with 1/4 cup fruit sauce.
Tip: Add 1/2 teaspoon of ground cinnamon to oatmeal, sugar, yogurt crust.
Tip: Add 2 teaspoons of vanilla extract to yogurt filling mixture.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	406	Saturated Fat	0.58 g	Iron	1.71 mg
Protein	16.13 g	Cholesterol	32.24 mg	Calcium	155.37 mg
Carbohydrate	77.89 g	Vitamin A	85.97 IU	Sodium	58.13 mg
Total Fat	2.99 g	Vitamin C	5.18 mg	Dietary Fiber	5.45 g

Blueberry Delight—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3



Photo #4





Double Cheese Spiral — Fiesta Breakfast Swirl



Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Recipe HACCP Process: #3 Complex

Meal Pattern Crediting: 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Portion Size: 1 swirl

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, scrambled, cooked	12 oz.	1 1/2 cups liquid eggs (6 shell eggs)	24 oz.	3 cups liquid eggs (12 shell eggs)	<ol style="list-style-type: none"> Spray 2 inch full size steamtable pan with pan release. Pour liquid eggs into prepared pan, cover and steam for approximately 8 minutes. Eggs may also be cooked on stove top, oven, or small kettle. CCP: Cook until an internal temperature of 145° F is reached. Immediately chill cooked scrambled eggs to 41°F. CCP: Cool to 41°F within 2 hours. Note: Eggs may be prepared 24 hours in advance and held in refrigerator . Combine basil, oregano, thyme and garlic powder. Set aside.
Basil, dried		2 tsps.		4 tsps.	
Oregano, dried		2 tsps.		4 tsps.	
Thyme, dried		2 tsps.		4 tsps.	
Garlic powder		1 tsps.		2 tsps.	
Flour, all purpose	As needed		As needed		<ol style="list-style-type: none"> On a lightly floured work surface, roll out 13.8 oz. of dough into a rectangle approximately 1/10-in. thick.
Whole grain pizza dough (See Comments for more information)	27.6 oz.	2 rolls dough	55.2 oz.	4 rolls dough	
Cheddar cheese, reduced fat, reduced sodium, shredded	6 oz.	*	12 oz.	*	<ol style="list-style-type: none"> In a bowl, combine the cheeses; spread 6 oz. of cheese evenly over each dough. (See photo #1) Spread 1 cup of scrambled eggs evenly over cheese. (See photo #2)
Mozzarella cheese, lite, shredded	6 oz.	*	12 oz.	*	
					<ol style="list-style-type: none"> Sprinkle each dough with 1 1/2 teaspoons of herb seasoning mixture. Roll up dough tightly on the long edge. (See photo #3)

* For cheese, measure weight equivalent according to manufacturer instructions.

Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Recipe HACCP Process: #3 Complex

Meal Pattern Crediting: 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Portion Size: 1 swirl

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, as needed					10. Brush water across the edge of the dough, and pinch to seal. 11. Using a serrated bread knife, cut 12 pieces per roll of dough. (See photo #4)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	12. Place roll ups into 4 oz. muffin tins that have been coated with pan-release spray. (See photo #5) Alternatively, place rolls in an 12 x 20 x 2-inch steam table pan coated with pan-release spray. (See photo #6) 13. Bake at 350°F for 15 – 18 minutes in a conventional oven (or at 325°F for 10 – 13 minutes in a convection oven) or until the dough is golden brown. CCP: Cook until an internal temperature of 165° F is reached. CCP: Hold and serve at 135°F or higher. Serve using tongs. CCP: No bare hand contact with ready to eat food.

Comments
For best results, use a 4 oz. muffin pan. Alternatively, place rolls, cut side down, in an 12 x 20 x 2-in. steam table pan coated with pan-release spray.
For nutrition analysis, we used Pillsbury® Artisan Pizza Crust with Whole Grain, with a single-tube weight of 13.8 oz. Dough from Brunswick Food Services, Gordon Food Service, Rich's® and others also may be used for this recipe.
Ground, pre-cooked sausage may be used in place of egg. Use 6 oz. sausage for 24 servings. Use of Mexican seasoning (below) in place of herb seasoning mixture recommended.
Diced ham may be used in place of egg. Use 6 oz. diced ham for 24 servings. Recommend omitting herb seasoning mixture.
Mexican seasoning can be pre-packaged taco or chorizo seasoning, or made from scratch using (for 24 servings) 2 teaspoons each cumin, chili powder and paprika, plus 1 teaspoon onion powder.
For Fiesta Breakfast Swirl, use Mexican seasoning in place of herb seasoning mixture. Double amounts of both cheeses. Omit egg.

Double Cheese Spiral			
Nutrients Per Serving—Analyzed using NutriKids software			
Calories	172	Saturated Fat	2.45 g
Protein	7.85 g	Cholesterol	77.19 mg
Carbohydrate	16.13 g	Vitamin A	246.34 IU
Total Fat	8.05 g	Vitamin C	0.31 mg
		Iron	1.05 mg
		Calcium	125.26 mg
		Sodium	293.02 mg
		Dietary Fiber	1.12 g

Double Cheese Spiral/Fiesta Breakfast Swirl—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3



Photo #4



Photo #5



Photo #6





Fruity Flatbread — Sunny Start Flatbread



Fruity Flatbread/Sunny Start Flatbread—Quick Scratch Preparation

Recipe HACCP Process: #2 Same Day Service

Meal Pattern Crediting (1 serving): .5 Dairy M/MA, 1.5 Grain, ½ cup Fruit

Portion Size: 2 flatbreads

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain sandwich thins	36 oz.	1 slice per serving, split	72 oz.	1 slice per serving, split	<ol style="list-style-type: none"> Preheat oven. Separate sandwich thins into halves horizontally; coat slices with pan-release spray and place on parchment lined sheet pan. (See photo #1)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	
Cinnamon sugar	5 oz.	1 cup	10 oz.	2 cups	<ol style="list-style-type: none"> Sprinkle sprayed-side (or use dredger) with cinnamon sugar (50% granulated sugar/50% ground cinnamon). (See photo #2) Bake at 375°F for 8 minutes in a conventional oven (or at 350°F for 3 – 5 minutes in a convection oven), or until crust is golden brown; remove from oven and cool completely at room temperature.
Regular yogurt, vanilla, low fat	48 oz.	1 1/2 quarts	96 oz.	3 quarts	<ol style="list-style-type: none"> Using a #30 disher, place 2 tablespoons (1 oz.) of yogurt on each flatbread; spread evenly over bread. (See photo #3)
Fruit, fresh or canned, drained	96 oz.	2 quarts	192 oz.	1 gal.	<ol style="list-style-type: none"> Using a 2 oz. spoodle or #16 disher, top each flatbread with 1/4 cup fruit. (See photo #4) Transfer to serving container. CCP: No bare hand contact with ready-to-eat food. Fruit prepared as per SOP. Serve two flatbreads. CCP: Hold and serve at 41°F or below.

Fruity Flatbread/Sunny Start Flatbread—Quick Scratch Preparation

Recipe HACCP Process: #2 Same Day Service

Meal Pattern Crediting (1 serving): .5 Dairy M/MA, 1.5 Grain, ½ cup Fruit

Portion Size: 2 flatbreads

Comments
Test hold time before serving. Maximum hold time typically 25 – 60 minutes.
Can substitute raisins or cranberries for fresh fruit, at half the volume.
Greek yogurt can be substituted for regular yogurt.
For nutrition analysis, we used Brownberry® Premium Breads Whole Wheat Sandwich Thins®. Other brands of round sandwich thins such as The Father's Table® Ultra Loco Flatbread, or Pepperidge Farm® Goldfish Flatbread may also be used for this recipe.
For Sunny Start Flatbread, (for 24 servings) mix 1 1/2 cups peanut or sunflower butter into the yogurt. Top with sliced banana.

Fruity Flatbread					
Nutrients Per Serving—Analyzed using NutriKids software					
Calories	263	Saturated Fat	0.74 g	Iron	1.66 mg
Protein	8.56 g	Cholesterol	2.83 mg	Calcium	178.48 mg
Carbohydrate	54.33 g	Vitamin A	145.45 IU	Sodium	208.11 mg
Total Fat	4.13 g	Vitamin C	5.09 mg	Dietary Fiber	7.35 g

Fruity Flatbread/Sunny Start Flatbread—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3



Photo #4





Mega-Cheese Muffin



Mega-Cheese Muffin — Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 muffin

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat muffin mix, prepared	48 oz.	1 quart + 3 oz.	96 oz.	3 quarts	<ol style="list-style-type: none"> 1. Preheat oven. 2. Prepare muffin batter according to manufacturer's recommendations. 3. In a large bowl combine shredded cheese, onion powder, garlic powder and prepared muffin batter. (See photo #1)
Cheddar cheese, reduced fat, reduced sodium, shredded	12 oz.	3 cups	24 oz.	1 quart + 2 cups	
Onion powder	7 g.	2 tsp.	14 g.	4 tsp.	
Garlic powder	7 g.	2 tsp.	14 g.	4 tsp.	
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	<ol style="list-style-type: none"> 4. Spray a 4 oz. muffin pan with pan-release spray. 5. Using a #16 disher, place 2 oz. of muffin batter in each tin. (See photo #2)
Eggs, liquid	12 oz.	1 1/2 cups (3 shell eggs)	24 oz.	3 cups (6 shell eggs)	<ol style="list-style-type: none"> 6. Press down center of muffin batter, making a small well in the center. Place 1 tablespoon (1/2 oz.) of liquid egg in the well of the batter in each muffin tin. (See photo #3) 7. Bake at 375°F for 15 – 18 minutes in a conventional oven (or at 350°F for 12 – 15 minutes in a convection oven) or until golden brown. CCP: Minimum internal temperature should reach 165°F. 8. CCP: Hold and serve at 135°F or above. Alternatively, chill and store frozen for up to 30 days.

* For cheese, measure weight equivalent according to manufacturer instructions.

Mega-Cheese Muffin—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 muffin

Comments
Batter can be prepped in advance and held refrigerated for up to 8 hours.
For best results, use a 4 oz. muffin pan.
Diced vegetables (such as bell peppers or broccoli) can be added to the muffin batter if desired.
For nutritional analysis, we used Simple Mornings™ muffin mix. Other brands such as General Mills also can be used successfully with this recipe.
For more flavor, a “ranch” seasoning blend may be added: (for 24 servings) 2 teaspoons each dried dill, garlic powder, and onion powder, plus 1 teaspoon dried basil.
Ground sausage may be used in place of egg, in equal amounts. (Ranch seasoning not recommended when using sausage.)
For more color, sprinkle top of muffins with red pepper flakes or paprika.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	203	Saturated Fat	4.13 g	Iron	0.55 mg
Protein	6.17 g	Cholesterol	80.95 mg	Calcium	135.94 mg
Carbohydrate	21.79 g	Vitamin A	235.64 IU	Sodium	266.16 mg
Total Fat	9.61 g	Vitamin C	0.22 mg	Dietary Fiber	0.80 g

Mega-Cheese Muffin—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3





Peaches-n-Cream Waffle Dunkers



Peaches-n-Cream Waffle Dunkers—Quick Scratch Preparation

Meal Pattern Crediting: 1 Dairy M/MA, 1.5 Grain, ½ cup Fruit

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1/2 cup Peaches-n-Cream, 2 waffle sticks

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Regular yogurt, vanilla, low fat	100 oz.	3 quarts + 1/2 cup	200 oz.	1 1/2 gal.	1. To make the Peaches-n-Cream: In a food processor or mixer, whip the cream cheese, then add yogurt and diced, drained peaches. Whip until smooth. Store in the refrigerator until ready to use. CCP: Hold at 41°F or below.
Peaches, canned, drained	50 oz.	1 quart + 2 1/4 cups	100 oz.	3 quarts + 1/2 cup	
Cream cheese, softened, fat free	1 lb. 9 oz.		3 lbs. 2 oz.		
Waffle sticks, whole grain	36 oz.	50 each	72 oz.	100 each	2. Preheat oven. 3. Place waffle sticks on parchment lined sheet pan. Coat waffle sticks on both sides with pan release spray. (See photo #1)
Pan-release spray	50 g.	to coat	100 g.	to coat	
Cinnamon sugar	8 oz.	1 1/3 cups	16 oz.	2 2/3 cups	4. Dust both sides with cinnamon sugar (50% granulated sugar/ 50% ground cinnamon). (See photo #2) Alternatively, place waffle stick in a large bowl, spray with pan release and toss with cinnamon sugar. 5. Toast waffle sticks at 350°F for 7 minutes in a conventional oven (or at 325°F for 5 minutes in a convection oven). CCP: Minimum internal temperature should reach 135°F. CCP: Hold and serve at 135°F or above.
Peaches, canned, drained, diced	50 oz.	1 quart + 2 1/4 cups	100 oz.	3 quarts + 1/2 cup	
					6. For service: Using a #8 disher, serve a heaping 1/2 cup of cold Peaches-n-Cream topping with a 1/4 cup (2 oz. slotted spoodle) with 2 hot waffle sticks. CCP: No bare hand contact with ready-to-eat foods.

Peaches-n-Cream Waffle Dunkers—Quick Scratch Preparation

Meal Pattern Crediting: 1 Dairy M/MA, 1.5 Grain, ½ cup Fruit

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1/2 cup Peaches-n-Cream, 2 waffle sticks

Comments
Waffle sticks can be toasted in a convection oven at 350°F for 4 minutes.
For variety, other canned fruits may be used, such as pears, Mandarin oranges, fruit cocktail, or pineapple.
Fruit purees such as applesauce, fruit-flavored applesauce or pear sauce may be mixed into yogurt in place of canned fruit in equal amounts.
Fresh diced fruit such as strawberries may be used as a garnish to add color.
Greek yogurt can be substituted for regular yogurt.
Can serve with mini pancakes, mini waffles or French toast sticks in place of waffle sticks.
For nutritionals, we used Krusteaz® Premium Whole Grain Belgian Waffle Sticks. Other brands may be used.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	366	Saturated Fat	1.40 g	Iron	1.75 mg
Protein	11.71 g	Cholesterol	22.26 mg	Calcium	391.49 mg
Carbohydrate	65.82 g	Vitamin A	805.22 IU	Sodium	395.83 mg
Total Fat	6.71 g	Vitamin C	107.94 mg	Dietary Fiber	6.11 g

Peaches-n-Cream Waffle Dunkers—Quick Scratch Preparation

Photo #1



Photo #2





Breakfast Basket



Breakfast Basket—Quick Scratch Preparation

Recipe HACCP Process: #1 No Cook

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1 cup Fruit

Portion Size: 1 basket

Ingredients	Directions
Choose items to design your box: <ul style="list-style-type: none"> • One dairy ingredient • One whole grain ingredient • Two fruit ingredients (1/2 cup each) 	<ol style="list-style-type: none"> 1. Place components in container, in individual compartments or using soufflé cups, muffin liners or paper to create separation where needed. Any container with 1 – 4 compartments may be used. CCP: No bare hand contact with ready-to-eat food. 2. During prep, place sliced fruit into an acid, such as lemon, pineapple, or orange juice, to prevent browning. CCP: No bare hand contact with ready-to-eat food. 3. Refrigerate until service. CCP: Hold and serve at 41°F or below.

Item	Serving	Ingredients
Dairy	1 oz. natural cheese or 4 oz. (1/2 cup) Greek or regular yogurt	String cheese Cheddar, cubes or slices Colby Jack, cubes or slices Mozzarella, cubes or slices Monterey Jack, cubes or slices Greek yogurt Regular yogurt CCP for all dairy products: Hold and serve at 41°F or below.
Whole Grain	1 oz. equivalent	WG bread WG muffin WG cereal WG flatbread WG graham crackers WG bagel
Fruit	1 cup total (Two 1/2 cup servings of different fruits)	Canned mandarin oranges, peaches, pears, pineapple Fresh apples – red or green, sliced Fresh banana, sliced Fresh cantaloupe, sliced CCP: Hold and serve at 41°F or below. Fresh grapes – red or green Fresh kiwi, sliced Fresh orange, segmented Fresh pears, sliced Fresh strawberries, sliced Fresh tangerines, whole Prepare all fresh produce according to SOP

Breakfast Basket—Quick Scratch Preparation

Recipe HACCP Process: #1 No Cook

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1 cup Fruit

Portion Size: 1 basket

Comments	
Presentation Suggestions:	
Yogurt	<ul style="list-style-type: none"> • Top with granola • Top with dried fruit • Top with cereal • Drizzle with honey
Fruit	<ul style="list-style-type: none"> • Apples & grapes • Berries & apples • Fruit cocktail • Red & green apples • Red & green grapes
Cheese	<ul style="list-style-type: none"> • Colby Jack (two-tone) cheese • Cheddar & Mozzarella (1/2 oz each) • Block cheese cut into triangles
Whole Grain	<ul style="list-style-type: none"> • Bread cut into triangles • Mini muffin • Mini bagel • Granola • Whole grain cereal blended with raisins • Graham crackers/sticks

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	230–364	Saturated Fat	0.3–3.9 g	Iron	1.4–1.6 mg
Protein	9.7–13.9 g	Cholesterol	0.0–21.0 mg	Calcium	174.2–249.4 mg
Carbohydrate	42.0–67.5 g	Vitamin A	80.3–704.9 IU	Sodium	198.6–202.1 mg
Total Fat	1.5–8.0 g	Vitamin C	4.8–124.9 mg	Dietary Fiber	3.1–5.7 g

Breakfast Basket – Quick Scratch Preparation

