

GR-272707 · Veggie Breakfast Burrito · 1 each · 100 servings

Grain: 1 1/2

Meat: 2 3/4

Starchy: 1/4

Other Veg: 1/4

Egg

Wheat

Milk

Section 1

Egg substitute, liquid or frozen, fat free
12 lb

Tortilla, Whole Grain, 8", 1.5 oz eq WG,
USDA 100394
100 each

Mushrooms, white, fresh, raw, slices
6 1/4 lb

Peppers, Sweet, Green, Chopped
8 lb

Pepper, Jalapeno, Fresh, Sliced
1 qt

Cheese, Cheddar, Shredded
6 1/4 lb

1. **Pre-Prep:** 3 Days prior to service: Pull **eggs** from freezer to thaw. Open cases and remove cartons from case. Place cartons on sheet pans with space between to allow for thawing. Place pans on lowest available shelf in cooler to thaw. Wash hands thoroughly.

CCP: Hold at below 41°F.

2. **Prep:** 1 Day prior to service: Pull **tortillas** from freezer. Place on a sheet pan in single layer. Place in cooler overnight to thaw.

CCP: Hold at or below 41°F.

3. **Pre-Prep:** Pull 3 shallow steam table pans and place at workstation. Spray completely with butter flavored pan spray. Pull thawed eggs from cooler and place at workstation. Wash hands thoroughly and cover with gloves.

CCP: Prepare foods at room temperature in two hours or less.

4. **Prep:** Empty eggs into steam table pans, using 4 pounds per pan.

5. **Cook:** Cover eggs and place in preheated 325°F convection or combi oven. Bake for 10 minutes, whisk eggs. Bake for an additional 5 minutes or until an internal temperature of 165°F is reached.

CCP: Heat until an internal temperature is reached of 165°F for 15 seconds.

6. **Prep:** Pull tortillas, **mushrooms**, **diced peppers**, **sliced jalapenos** and **cheese** from cooler. Open bags of cheese and place in a food safe container. Place in assembly line. Open tortillas and place in food safe container. Place in assembly line. Wash hands thoroughly and cover with gloves.

CCP: Prepare foods at room temperature in two hours or less.

Section 1

Potato, Tater Tot, R/S
10 lb

7. **Prep:** Pull 1 sheet of foil wrap.

8. Place 1 tortilla on foil.

In the middle of the tortilla, place $\frac{1}{4}$ cup scrambled eggs using #16 disher.

Top with $\frac{1}{4}$ cup **tots** using a 2 oz. spoodle.

Add 1/8 cup diced peppers to each using a #30 disher.

Add 7 slices of mushrooms to each, add 3 - 4 slices of jalapenos.

Top with 1 oz. of shredded cheese using a 2 oz. spoodle.

Roll up and gently fold in ends of tortilla, then wrap tightly. Fold over foil wrap and crimp edges. Place flat in steamtable pans, layer with parchment paper up to 4 layers. Place in warmer.

CCP: Hold above 135°F CCP: Batch cook as necessary to ensure best end product and nutritional.

9. **Serve:** Serve one veggie breakfast burrito.

CCP: Hold at or above 135°F.

Veggie Breakfast Burrito

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **328**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 8g **38%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 623mg **27%**

Total Carbohydrate 35g **13%**

Dietary Fiber 4g **15%**

Sugars 4g

Includes 0g Added Sugars **0%**

Protein 16g **33%**

Vitamin D: 5% DV • Potassium: 4% DV

Calcium: 18% DV • Vitamin A: 1% DV

Iron: 7% DV • Vitamin C: 1% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.