



BREAKFAST CALZONE

|                                 |                                      |
|---------------------------------|--------------------------------------|
| Recipe Project Name/Written By: | To Taste                             |
| Recipe Category:                | Breakfast, Grab n' Go, Quick Scratch |
| Cooking Process:                | #2 Same Day Service                  |
| Prep Time:                      | 45 minutes                           |
| Cook Time:                      | 15 minutes                           |
| Total Time:                     | 1 hour                               |
| K-12 Portion Size:              | 1/2 calzone                          |

Meal Pattern Contribution: 1.25 oz eq WGR grain, 1 oz eq m/ma

| INGREDIENTS                                    | 80 Servings |                | 160 Servings |         | DIRECTIONS                                                                                                                                                                           |
|------------------------------------------------|-------------|----------------|--------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                | Weight      | Measure        | Weight       | Measure |                                                                                                                                                                                      |
| Pizza dough, whole grain rich, 6", oven-rising |             | 40 each        |              | 80 each | 1. <b>Day before service</b> , thaw scrambled eggs.                                                                                                                                  |
| Pan release                                    |             |                |              |         | 2. Preheat convection oven to 325° F.                                                                                                                                                |
| Eggs, scrambled, pre-cooked                    | 2.5 lb      |                | 5 lb         |         | 3. Remove dough from case and place on lined sheet pans sprayed with pan release. Keep dough covered with pan sprayed or plastic wrap throughout assembly process to prevent drying. |
| Cheese, cheddar, low-fat, shredded             | 2.5 lb      |                | 5 lb         |         | 4. Combine eggs, cheese, and bacon bits in a bowl, pan, or container.                                                                                                                |
| Bacon bits, turkey, pre-cooked                 |             | 1/4 c + 2 Tbsp |              | 3/4 c   | 5. Using a #12 disher, place a scoop in the center of each dough circle.                                                                                                             |
|                                                |             |                |              |         | 6. Fold the edges over filling forming a half circle and crimp edges to seal.                                                                                                        |
|                                                |             |                |              |         | 7. Place on lined sheet pans and spray calzones with pan release spray.                                                                                                              |
|                                                |             |                |              |         | 8. Bake for 12-15 minutes or until crust is light golden brown.                                                                                                                      |
|                                                |             |                |              |         | <b>CCP: Heat to 135° F or higher for at least 15 seconds.</b>                                                                                                                        |
|                                                |             |                |              |         | <b>CCP: No bare hand contact with ready to eat food.</b>                                                                                                                             |
|                                                |             |                |              |         | 9. Allow to cool slightly and then cut in half. Serve 1/2 a calzone to each student.                                                                                                 |
|                                                |             |                |              |         | <b>CCP: Hold and serve at 135° F or higher.</b>                                                                                                                                      |
|                                                |             |                |              |         |                                                                                                                                                                                      |
|                                                |             |                |              |         |                                                                                                                                                                                      |
|                                                |             |                |              |         |                                                                                                                                                                                      |
|                                                |             |                |              |         |                                                                                                                                                                                      |

## BREAKFAST CALZONE

### NUTRITION INFORMATION

Serving Size 1/2 calzone

#### NUTRIENTS AMOUNT

Calories 255

Total Fat 7 g

Saturated Fat 4.5 g

Cholesterol 60 mg

Sodium 530 mg

Total Carbohydrate 34 g

Dietary Fiber 4 g

Total Sugars 3 g

Added Sugars 3 g

Protein 13 g

Vitamin D 0.6 mcg

Calcium 30 mg

Iron 1.9 mg

Potassium 250 mg

N/A=data not available.

#### ALLERGENS: Eggs, Milk, Wheat, Soy, Sesame

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

## \*MARKETING GUIDE

| Food as Purchased for | 80 Servings | 160 Servings |
|-----------------------|-------------|--------------|
| N/A                   |             |              |
|                       |             |              |
|                       |             |              |
|                       |             |              |
|                       |             |              |

### NOTES

Crediting will depend on brand of products.

Calzones can also be assembled the day before service and then baked in the morning.

### YIELD/VOLUME

#### 80 Servings

#### 160 Servings

Weight of Egg/Cheese: 5 lb 3.375 oz

Weight of Egg/Cheese: 10 lb 6.75 oz

Volume of Egg/Cheese: 3 qt + 1 c

Volume of Egg/Cheese: 1 gal + 2 qt + 1 pint

