



BREAKFAST QUESADILLA

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-5 Portion Size:	1/2 quesadilla
6-12 Portion Size:	1 quesadilla

Meal Pattern Contribution: K-5: .75 oz eq WGR grain, 1.5 oz eq m/ma
6-12: 1.5 oz eq WGR grain, 3 oz eq m/ma

INGREDIENTS	45 Servings		90 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Egg, frozen, liquid	5 lb		10 lb		1. Day before service, thaw eggs in refrigerator overnight.
Tortillas, WG, 8"		45 each		90 each	CCP: Hold at 41° F or below.
Cheese, cheddar, low-fat, shredded	1 lb 6.5 oz		2 lb 13 oz		2. Preheat convection oven to 375° F.
Cheese, pepperjack, low-fat, shredded	1 lb 6.5 oz		2 lb 13 oz		3. Prepare full size sheet pan with pan release. Place tortillas evenly on sheet pan, edges overlapping. Each sheet pan can hold up to 12 tortillas.
Salsa		1 qt + 1 5/8 cup		2 qt + 3 1/4 cup	4. Spray a 2" deep steam table pan with pan release. Add eggs to pan. Steam for about 5 minutes or until set.
Sour cream, low-fat, pc		45 each		90 each	5. While eggs are cooking, in a large bowl, combine cheddar and pepper jack cheese.
					6. Remove eggs from steamer and scramble to whisk.
					CCP: Heat to 155° F or above for at least 15 seconds.
					7. Add cheese to scrambled egg pan. Use a spatula to fold until combined and cheese is evenly distributed.
					8. Using a #8 disher, portion egg mixture to cover half of each tortilla. Fold in half.
					9. Spray tops of quesadillas with pan release. Bake for 10 minutes or until golden brown and heated through.
					CCP: Heat to 165°F or higher for at least 15 seconds.
					CCP: No bare hand contact with ready to eat food.
					10. While quesadillas are cooking, use a #30 disher to place 2 Tbsp salsa in 2 oz cups to offer as a condiment during service.
					11. For grades K-5, serve 1/2 a quesadilla. For grades 6-12, serve one quesadilla. Offer salsa and sour cream.
					CCP: Hold and serve at 135° F or higher.

BREAKFAST QUESADILLA

NUTRITION INFORMATION

Serving Size 1 each

NUTRIENTS **AMOUNT**

Calories **360**

Total Fat **22 g**

Saturated Fat 12 g

Cholesterol **162 mg**

Sodium **566 mg**

Total Carbohydrate **23 g**

Dietary Fiber 5 g

Total Sugars 3 g

Added Sugars 0 g

Protein **17.5 g**

Vitamin D 0 mcg

Calcium 124 mg

Iron 1.3 mg

Potassium 145 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat

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

*MARKETING GUIDE

Food as Purchased for	45 Servings	90 Servings
N/A		

NOTES

A pre-cooked scrambled egg product can be used in place of liquid eggs.

YIELD/VOLUME

45 Servings

90 Servings

Total Egg/Cheese Weight: 6 lb 11 oz

Total Egg/Cheese Weight: 13 lb 6 oz

Total Egg/Cheese Volume: 1 gal + 1 qt + 2 1/2 c

Total Egg/Cheese Volume: 2 gal + 3 qt + 1 cup

