

# Orfalea Foundation- SFI

## 000126 - School Food Oven Baked Eggs : Breakfast

HACCP Process: #2 Same Day Service

Number of Portions: 72

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	1 Tbsp
001123 EGG,WHOLE,RAW,FRESH.....	4 lbs
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR ..	4 FL OZ
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 tsp
001017 CHEESE,CREAM.....	4 ozs

Pre-heat convection oven to 250° F. (300° F. for conventional oven)

1. Oil hotel pan, alternatively use pan spray.
2. Whisk or stir eggs, milk, salt and pepper together in the hotel pan. Add cream cheese (in small pieces).
3. Bake in pre-heated oven for up to 30 minutes, stirring every 5-8 minutes until the eggs are firm.and no visible liquid remains. If not serving immediately, hold or chill according to HAACP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

### EQUIPMENT:

- 1-2 inch hotel pan, full-sized
- 1-Measuring spoons, full set
- 1-Metal kitchen spoon or whisk
- 2-Liquid measuring cup, cup and quart

\*Nutrients are based upon 1 Portion Size (Oz.)

Calories	44 kcal	Cholesterol	96 mg	Protein	3.32 g	Calcium	17.92 mg	64.34%	Calories from Total Fat
Total Fat	3.13 g	Sodium	140 mg	Vitamin A	55.2 RE	Iron	0.45 mg	23.05%	Calories from Sat Fat

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Sat Fat	1.12 g	Carbs	0.35 g	Vitamin A	160.9 IU	Water <sup>1</sup>	*21.60* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.01 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*0.55* g	3.19%	Calories from Carbs
								30.35%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

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