



# Sizing Prep Report

American Dairy Association North East

## 990109 - Egg & Cheese Wrap

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: EACH

| Ingredient # | Ingredient Name                               | Measurements    | Instructions   |
|--------------|---|-----------------|--|
| 122136       | Country Breakfast Scramble (Turkey, Egg, Chee | 50 (0.5 CUP)    | <p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Heat the egg scramble mixture per manufacturers directions.</p> <p>Portion #12 scoop of the egg mixture into a 6" flour tortilla place in a french fry paper boat for service. Serve with salsa as a garnish for students to add.</p> <p><b>CCP:</b> Heat to 155° F or higher for at least 15 Seconds</p> <p><b>CCP:</b> Hold at 135° F or higher.</p> |
| 120317       | Chunky Salsa - Mild                           | 3 1/8 cup       |  |
| 799973       | TORTILLA, WHOLE WHEAT 6"                      | 100 TORTILLA 6" |  |

\*Nutrients are based upon 1 Portion Size (EACH)

|                            |              |                        |            |                     |              |           |            |                                     |
|----------------------------|--------------|------------------------|------------|---------------------|--------------|-----------|------------|-------------------------------------|
| Calories <sup>1</sup>      | 365.000 kcal | Total Fat              | 15.000 g   | Total Dietary Fiber | 5.500 g      | Vitamin C | *9.000* mg | 36.986% Calories from Total Fat     |
| Saturated Fat <sup>1</sup> | 6.400 g      | Trans Fat <sup>2</sup> | 0.000 g    | Protein             | 18.000 g     | Iron      | 2.440 mg   | 15.780% Calories from Sat Fat       |
| Sodium <sup>1</sup>        | 986.000 mg   | Cholesterol            | 119.000 mg | Vitamin A           | *370.000* IU | Water     | *N/A* g    | 0.000% Calories from Trans Fat      |
| Sugars                     | *2.000* g    | Carbohydrate           | 40.500 g   | Calcium             | 303.000 mg   | Ash       | *N/A* g    | 44.384% Calories from Carbohydrates |
| Moisture Change            | 0.000 %      | Fat Change             | 0.000 %    | Portion Cost        | \$0.000      |           |            | 19.726% Calories from Protein       |
| Type of Fat                | -            |                        |            |                     |              |           |            |                                     |

| Components    |         |       |         |           |     |
|---------------|---------|-------|---------|-----------|-----|
| Meat/Meat ALT | 1 oz eq | Grain | 1 oz eq | Fruit     | cup |
|               |         |       |         | Vegetable | cup |
|               |         |       |         | Milk      | cup |

\*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 required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® 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.