

Banana-Cinnamon French Toast (#70)

Yield: 25 servings
Serving size: 1 slice of toast

Ingredients

25 slices whole wheat bread
8 eggs
5 bananas
2 ½ cups milk, low fat, 1%
Nonstick cooking spray
1 ½ tsp vanilla extract
¼ cup vegetable oil
3 Tbsp brown sugar
1 ½ tsp cinnamon

Directions

1. Preheat oven to 425°F.
2. Lightly coat 2 large baking sheets with nonstick cooking spray and set aside.
3. In a large bowl, whisk together the milk, eggs, bananas, brown sugar, vanilla extract, cinnamon, and vegetable oil.
4. Dip each slice of bread into mixture and place on prepared baking sheets in a single layer.
5. Bake until the bread is puffed and the top is golden, approximately 20 to 25 minutes.
6. Serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	129	Calories from Fat	37
			% Daily Value
Total Fat	4 g		6%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	31 mg		10%
Sodium	139 g		9%
Total Carbohydrate	18 g		14%
Dietary Fiber	3 g		9%
Sugars	7 g		
Protein	5 g		
Vitamin A	11%	Calcium	5%
Vitamin C	2%	Iron	10%

Recommendations & Requirements

Requirements

🍏 Whole wheat bread should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the breakfast component of the menu and is a good source of fiber.



Maple Quinoa-Oatmeal Porridge (#80)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

7 ½ cups oatmeal
1 ¼ cups quinoa
2 ½ apples
½ cup maple syrup
6 ¼ cups milk, low fat, 1%
2 Tbsp cinnamon
15 cups water

Directions

1. Rinse and drain quinoa in a fine mesh strainer. Put the quinoa in a medium saucepan and add 5 cups of water. Bring it to a boil over medium heat and cook for 10 minutes.
2. Wash, core, and cut up the apples into small pieces.
3. Add the rest of the water (10 cups), the oats, apple, cinnamon, maple syrup, and milk, and cook for an additional 15 minutes.
4. Serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	201	Calories from Fat	30
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	3 mg		1%
Sodium	33 g		2%
Total Carbohydrate	36 g		28%
Dietary Fiber	4 g		15%
Sugars	9 g		
Protein	7 g		
Vitamin A	15%	Calcium	9%
Vitamin C	1%	Iron	20%

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu and is a good source of fiber.



Baked Omelet (#83)

Yield: 25 servings
Serving size: 1 omelet, approximately 3 oz

Ingredients

12 egg yolks, beaten
12 egg whites, beaten
6 oz trans fat free margarine
6 cups milk, low fat, 1%
Nonstick cooking spray
½ cup all purpose flour
1 Tbsp garlic powder
¼ tsp white pepper

Directions

1. Preheat oven to 325°F.
2. Melt margarine over medium-high heat. Add all purpose flour and seasonings. Stir until smooth.
3. Add milk gradually, stirring constantly. Cook until thick.
4. Add egg yolks and mix well with a wire whip.
5. Beat egg whites until they form rounded peaks and fold into mixture.
6. Pour into 2 greased 12 x 20 x 2 inch pans.
7. Bake for 45 minutes or until set.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	110	Calories from Fat	62
		% Daily Value	
Total Fat	7 g		11%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	92 mg		30%
Sodium	155 mg		10%
Total Carbohydrate	7 g		5%
Dietary Fiber	1 g		1%
Sugars	3 g		
Protein	6 g		
Vitamin A	26%	Calcium	8%
Vitamin C	0%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.



Whole-Grain Cinnamon French Toast (#98)

Yield: 25 servings
Serving size: 1 slice of toast

Ingredients

25 slices whole wheat bread
8 eggs
2 ½ cups milk, low fat, 1%
Nonstick cooking spray
1 ½ tsp vanilla extract
¼ cup vegetable oil
3 Tbsp brown sugar
1 ½ tsp cinnamon

Directions

1. Preheat oven to 425°F.
2. Lightly coat 2 large baking sheets with non stick cooking spray and set aside.
3. In a large bowl, whisk together the milk, eggs, brown sugar, vanilla, cinnamon, and vegetable oil.
4. Dip each bread slice into mixture and place on the prepared baking sheets in a single layer.
5. Bake until the bread is puffed and the top is golden (20-25 minutes).
6. Serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	119	Calories from Fat	43
		% Daily Value	
Total Fat	5 g		8%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	61 mg		20%
Sodium	152 g		10%
Total Carbohydrate	13 g		10%
Dietary Fiber	2 g		6%
Sugars	4 g		
Protein	6 g		
Vitamin A	15%	Calcium	6%
Vitamin C	0%	Iron	11%

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.



Whole Wheat Blueberry Muffins (#101)

Yield: 25 servings
Serving size: 1 muffin

Ingredients

2 cups all purpose flour
2 cups whole wheat flour
4 eggs
2 cups blueberries
½ cup honey
1 ½ cups milk, low fat, 1%
Nonstick cooking spray
½ cup vegetable oil
6 tsp baking powder, low sodium
½ cup brown sugar
1 tsp cinnamon
1 tsp salt

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	164	Calories from Fat	51
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	31 mg		10%
Sodium	114 g		7%
Total Carbohydrate	26 g		20%
Dietary Fiber	2 g		6%
Sugars	10 g		
Protein	4 g		
Vitamin A	9%	Calcium	7%
Vitamin C	1%	Iron	14%

Directions

1. Preheat oven to 400°F.
2. Lightly coat a 12-cup muffin pan with nonstick cooking spray, or place a paper baking cup into each muffin cup of the pan. Set aside.
3. Mix together the brown sugar and cinnamon, and set aside.
4. In a large bowl, beat the milk, vegetable oil, honey, and eggs with a spoon. Stir in the flour, baking powder, and salt until the flours are moistened and mixture is just combined (the batter will be lumpy).
5. Gently stir in the blueberries.
6. Distribute batter evenly into prepared muffin cups. Sprinkle each muffin's surface with brown sugar mixture.
7. Bake for about 20 minutes or until golden brown. Remove from heat promptly and remove muffins from pan.
8. Serve slightly warm or store in an airtight container.

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.



Corn Muffins (#121)

Yield: 25 servings
Serving size: 1 muffin

Ingredients

2 cups all purpose flour
3 cups whole grain yellow cornmeal
4 eggs
5 tsp baking powder, low sodium
1 tsp baking soda
1 tsp salt
½ cup sugar
1 stick butter, unsalted
Nonstick cooking spray
3 cups yogurt, low fat

Directions

1. Preheat oven to 400°F.
2. Lightly coat a 12 cup muffin pan with nonstick cooking spray or place a paper baking cup into each muffin cup of the pan. Set aside.
3. Whisk together the cornmeal, all purpose flour, baking powder, baking soda, and salt. Set aside.
4. In a separate bowl, whisk together the yogurt, sugar, butter, and eggs.
5. Add the flour mixture to the egg mixture and mix it gently with a spatula until it is just combined. Do not over mix.
6. Distribute batter evenly into muffin cups.
7. Bake for approximately 22-25 minutes or until golden brown.
8. Remove from heat promptly and let muffins cool for 10 minutes before you remove them from the pan. Serve warm.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	201	Calories from Fat	52
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	3 g		14%
Trans Fat	0 g		
Cholesterol	41 mg		14%
Sodium	182 mg		12%
Total Carbohydrate	32 g		25%
Dietary Fiber	2 g		9%
Sugars	6 g		
Protein	6 g		
Vitamin A	23%	Calcium	9%
Vitamin C	0%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.



Pumpkin Muffins (#129)

Yield: 25 servings
Serving size: 1 muffin

Ingredients

4 eggs
2 cups all purpose flour
2 cups whole wheat flour
4 tsp baking powder, low sodium
2 tsp baking soda
1 ½ cups brown sugar
2 tsp ground cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
1 tsp salt
2 cups pumpkin puree
2 tsp vanilla extract
Nonstick cooking spray
1 cup vegetable oil
1 cup raisins (optional)

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	210	Calories from Fat	89
		% Daily Value	
Total Fat	10 g		16%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	30 mg		10%
Sodium	209 mg		13%
Total Carbohydrate	29 g		22%
Dietary Fiber	2 g		6%
Sugars	12 g		
Protein	4 g		
Vitamin A	5%	Calcium	5%
Vitamin C	0%	Iron	11%

Directions

1. Preheat oven to 400°F.
2. Lightly coat a 12 cup muffin pan with nonstick cooking spray or paper baking cups. Set aside.
3. Whisk together the all purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. Set aside.
4. In a large bowl, whisk together the pumpkin puree, brown sugar, vegetable oil, vanilla extract, eggs, and if desired, raisins.
5. Pour the flour mixture into the wet mixture and stir with a spatula until just combined. Do not over mix.
6. Distribute batter evenly into muffin cups.
7. Bake for about 22-25 minutes or until golden brown.
8. Remove from heat promptly and let muffins cool in the pan for 5 minutes before removing them.
9. Serve at room temperature.

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.



Frittata with Potatoes and Peas (#130)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

3 medium potatoes
25 egg whites
25 egg yolks
1 1/3 cup cheddar cheese, grated
2 cups onions, chopped
2 1/2 cups peas, frozen
1 1/2 cups red pepper, chopped
3/4 cup milk, low fat, 1%
Nonstick cooking spray
6 Tbsp vegetable oil
Ground black pepper to taste

Directions

1. Preheat oven to 350°F.
2. Spray a hotel pan with nonstick cooking spray and set aside.
3. Wash, peel and dice potatoes into bite sized pieces.
4. Heat vegetable oil in a large skillet over medium high heat. Add onions, peppers and potatoes and sauté for 8 minutes or until a fork inserts easily into the potatoes.
5. Add the frozen peas and sauté for 3 more minutes. Remove from heat.
6. Mix together eggs, milk and vegetables. Pour into a baking pan.
7. Bake for approximately 30-35 minutes or until lightly golden and a knife inserted comes out clean. Sprinkle cheddar cheese on top and let it melt while warm.
8. Let it stand for 5 minutes before serving.
9. Cut into squares and serve warm.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	159	Calories from Fat	90
		% Daily Value	
Total Fat	10 g		16%
Saturated Fat	3 g		16%
Trans Fat	0 g		
Cholesterol	191 mg		64%
Sodium	116 mg		7%
Total Carbohydrate	8 g		6%
Dietary Fiber	2 g		6%
Sugars	3 g		
Protein	9 g		
Vitamin A	104%	Calcium	7%
Vitamin C	19%	Iron	12%

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu and is a good source of protein.



Eggs a la Mexicana (#143)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

24 eggs (12 yolk & 12 white)
1 cup onions, chopped
1 cup green pepper, chopped
3 cups roasted red peppers
1 cup tomatoes, chopped
½ lb cheddar cheese, low sodium
Nonstick cooking spray
½ cup cilantro
2 Tbsp Mrs. Dash seasoning
1 Tbsp garlic powder
1 Tbsp onion powder

Directions

1. Preheat oven to 350°F.
2. Chop roasted red pepper, onions, green pepper, tomatoes and cilantro, set aside.
3. Spray baking pan with nonstick cooking spray and pour the egg mixture in.
4. Sprinkle chopped ingredients over the eggs.
5. Mix in cilantro, garlic powder and onion powder.
6. Bake for 1 ½ hours.
7. Remove from the oven and sprinkle cheddar cheese on top. Serve immediately.

Recommendations & Requirements

Note: This recipe may count towards the breakfast component of the menu.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	86	Calories from Fat	47
		% Daily Value	
Total Fat	5 g		8%
Saturated Fat	3 g		13%
Trans Fat	0 g		
Cholesterol	98 mg		33%
Sodium	110 mg		7%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	6 g		
Vitamin A	67%	Calcium	7%
Vitamin C	24%	Iron	8%

