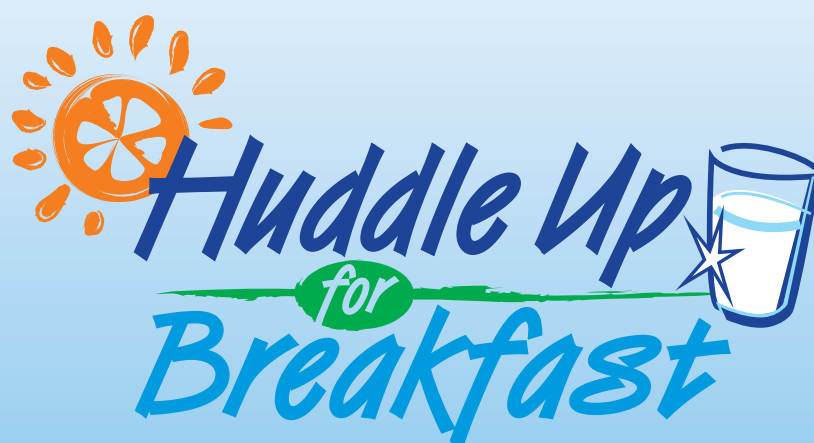


10 Year Anniversary!

24 Recipes for 2024



Be A School Breakfast Champion!

Note:

This book contains recipes adapted from school food service that were tested in a real kitchen. Each recipe includes component contribution and nutritional information based on the products used in the testing of the recipes. As food products may differ from brand to brand, we encourage you to do your own nutritional analysis and adopt these recipes to fit the specific needs of your student population. The nutritional analysis information of the recipes is subject to change during recipe preparation and is not an accurate representation of the results for every time the recipe is prepared.





Recipes



Apple Dunkers



DIRECTIONS

1. Wash apples. Slice apples into water and lemon juice wash. Apples can be ordered pre-sliced.
2. Using a #8 scoop (½ cup), portion yogurt into a portion cup. Refrigerate until ready to serve.
CCP: Hold for cold service at 40°F or below. Do not freeze.
3. Using a #30 scoop (2 Tbsp), portion sunflower seed spread into a 2 oz portion cup.
4. Assemble ¾ cup sliced apples into a hinged container or directly onto tray with apples.
5. Arrange yogurt and sunflower seed spread into container or directly onto tray with apples.
6. Refrigerate.
CCP: Hold for cold service at 40°F or below. Do not freeze.
7. Serve one container that includes #8 scoop (½ cup) yogurt, #30 scoop (2 Tbsp) sunflower seed spread, ¾ cup apples.

INGREDIENTS	YIELD	
	1	50
Apples, fresh, raw with skin	¾ cup	10 ¼ lb
Yogurt, vanilla non-fat	4 oz	1 gal + 2 qt + 8 oz
Sunflower seed spread like Sunbutter®*	2 Tbsp	3 lb 8 oz

*Peanut butter is an acceptable substitute.

Nutritional Data/Portion

Calories 332

Total Fat 16.14g
Saturated Fat 2.02g

Sodium 195.75mg

Breakfast Meal Contribution

2 oz Meat/Meat Alternate
¾ cup Fruit

Portion 1 container includes ½ cup yogurt, #30 scoop (2 Tbsp) sunflower seed spread, ¾ cup apples

BAKED Cheddar Pancake Squares



INGREDIENTS	YIELD	
	64	128
Water, cool	1 qt + 1 cup	2 qt + 2 cups
Eggs, fresh, large Or Eggs, liquid, frozen, thawed	2 Or ¼ cup + 2 Tbsp	4 Or ¾ cup
Vegetable oil	½ cup	1 cup
Pancake complete mix, dry, whole-grain	2 lb 8 oz	5 lb
Cheese, cheddar, shredded	2 cups	4 cups

DIRECTIONS

1. Prepare pans. Using food spray, grease full sheet pans. 1 pan for 64; 2 pans for 128.
2. Pour water into mixing bowl.
3. Add eggs and oil. Mix using wire whip until blended.
4. Add dry mix slowly.
5. Mix using wire whip until batter is smooth.
6. Fold shredded cheese into batter.
7. Pour into one pan or pour 5 lb 6 oz batter between two pans.
8. Bake.
Conventional oven: 400°F 8–12 minutes
Convection oven: 350°F 8–12 minutes
9. Cut pan 8 x 8 (64 squares per pan).
10. Serve one square for K–5; Two squares for 6–12.
11. Optional: Serve with maple syrup.

Nutritional Data/Portion

Calories 176

Total Fat 6.25g

Saturated Fat 1.65g

Sodium 421mg

Breakfast Meal Contribution

1 oz Grain/Bread

Portion 1 square (Grades K–5)

2 squares (Grades 6–12)

*Nutritionals based on one square

Beef, Egg and Cheese Wrap



INGREDIENTS	YIELD	
	50	100
Eggs, liquid, frozen	5 lb 9 oz	11 lb 2 oz
Cheese sauce, cheddar, reduced-fat	3 lb	6 lb
Beef, fully cooked, shredded, reduced-sodium	4 lb 11 oz	9 lb 6 oz
8" Tortilla, 100% whole-wheat	50	100

DIRECTIONS

Two days before service.

1. Thaw frozen eggs, cheese sauce (if frozen) and shredded beef in refrigerator.

CCP: Store at 40°F or below.

One day before service.

1. Cook scrambled eggs, heating to 155°F. Oven method: Conventional oven: 350°F for 20 minutes; stir once during cooking process. Convection oven: 325°F for 15 minutes; stir once during cooking process. Steamer method: 5 lb pressure for 3–5 minutes.

2. Remove from heat.

3. Fold cold cheese sauce into eggs combining slightly so as not to break up eggs.

4. Fold cold shredded beef in with cheese and eggs. Place mixture in pans at a depth not greater than 2". Cover and refrigerate.

CCP: Store at 40°F or below.

Day of service.

1. Place tortillas in warming cabinet at 200°F for no more than two hours.

2. Remove pans from refrigerator and heat in oven until food temperature reaches 155°F.

Conventional oven: 350°F for 30 minutes

Convection oven: 325°F for 30 minutes

3. Line full steam table pan with parchment paper. Remove tortillas from warmer.

4. Using #16 scoop, place filling in lower, middle of tortilla. Fold and wrap.

5. Line wraps in bottom of pan approx. 25 per pan.

Cover each pan with baking paper and hold in warmer for service.

CCP: Hold for hot service at 140°F or above.

6. Serve one wrap.

Nutritional Data/Portion

Calories 313

Total Fat 14.5g

Saturated Fat 7.0g

Sodium 755mg

Breakfast Meal Contribution

1.5 oz Grain/Bread

2 oz Meat/Meat Alternate

Portion 1 wrap

Breakfast Berry Parfait



INGREDIENTS	YIELD	
	50	100
Strawberries and blueberries	1½ gal + 1 cup	3 gal + 2 cups
Yogurt, vanilla	12 lb 8 oz	25 lb
Granola	4 lb 11 oz	9 lb 6 oz

DIRECTIONS

1. Use 12 oz plastic parfait cup with cereal insert (or soufflé cup) and lid.
2. Spoon one #16 scoop or 2 oz yogurt into cup.
3. Spoon one #16 scoop of strawberry and blueberry mixture on top of yogurt.
4. Repeat steps 2 and 3.
5. Place plastic insert on top.
6. Portion 1 oz granola into insert (or place soufflé cup on side as shown).
7. Cover tightly with lid.

CCP: Hold for cold service at 40°F or below.

8. Serve one parfait.

Nutritional Data/Portion

Calories 365

Total Fat 5.4g

Saturated Fat 1.26g

Sodium 365g

Breakfast Meal Contribution

1 oz Grain/Bread

1 oz Meat/Meat Alternate

½ cup Fruit

Portion 1 parfait

Breakfast Lasagna



INGREDIENTS	YIELD	
	72	144
Lasagna noodle, cooked, al dente	32 strips	64 strips
Eggs, hard-cooked, diced	4 lb	8 lb
Turkey ham, diced	1 lb	2 lb
Onion, fresh, diced	1 lb 5 oz	2 lb 10 oz
Cream of mushroom soup, 50 oz can	1½ cans	3 cans
Cheese, Parmesan, grated (optional)	1 cup	2 cups
Cheese, cheddar, shredded	1 lb	2 lb
Cheese, mozzarella, shredded	1 lb 2 oz	2 lb 4 oz

DIRECTIONS

Day before service.

1. Prepare 12 x 20 x 2 inch full steam table pans by greasing with cooking spray.
Four pans for 72; eight pans for 144.
2. Cook lasagna noodles. Drain, rinse and drain again.
3. Combine the eggs, ham, onion, soup and Parmesan cheese, if using. Mix ingredients thoroughly.
4. Combine cheddar and mozzarella cheeses.
5. Assemble each pan in layers. Cover tightly with film and refrigerate overnight.
CCP: Store in refrigerator overnight at 40°F or below.
6. Assembly:
First layer, ladle of egg and ham sauce
Second layer, eight lasagna noodles
Third layer, egg and ham sauce
Fourth layer, cheddar and mozzarella cheeses
Fifth layer, eight lasagna noodles
Sixth layer, egg and ham sauce

Day of service.

1. Remove from refrigerator and remove film covering.
2. Cover tightly with foil and bake.
Conventional oven: 325°F for 50–60 minutes
Convection oven: 300°F for 40–50 minutes
3. Let stand for 5–10 minutes to set up before cutting each pan 6 x 6 (18 pieces per pan).
CCP: Hold for hot service at 140°F or above.
4. Serve one 6 x 6 square.

Nutritional Data/Portion

Calories 142

Total Fat 5.6g

Saturated Fat 2.48g

Sodium 239g

Breakfast Meal Contribution

½ oz Grain/Bread

1.25 oz Meat/Meat Alternate

Portion 1 square; pan cut 6 x 6

Build Your Own Pita



INGREDIENTS	YIELD	
	50	100
Pita bread, whole-wheat, 1 oz each	50	100
Diced turkey ham	5 lb 5 oz	10 lb 10 oz
Cheese options: 1 oz each		
Cheese, shredded, reduced-fat	3 lb 2 oz	6 lb 4 oz
	Or	Or
String cheese stick, reduced-fat	50 ea	100 ea
	Or	Or
Cheddar cheese stick, reduced-fat	50 ea	100 ea
Vegetable options:		
Carrot sticks; fresh mushrooms; cherry tomatoes	50 ½ cup servings	100 ½ cup servings
Sauce options: 2 oz cup		
Italian tomato sauce	3 qt + 4 oz	1½ gal + 8 oz
	Or	Or
Cheese sauce, cheddar, reduced-fat	6 lb	12 lb

DIRECTIONS

Thaw pita in refrigerator for up to two days in advance.

Day before service.

1. Portion two different protein toppings and vegetable topping into each 5" salad container.
2. Refrigerate container with cold toppings.

CCP: Hold for cold storage at 40°F or below.

Day of service.

1. Warm pita in oven.

Conventional oven: 250°F for 5–6 minutes

Convection oven: 225°F for 4 minutes

2. For sauce, heat until thermometer tests 145°F.

CCP: Hold for hot service at 140°F or above.

3. Portion warm sauce topping into cups.

4. Remove containers from refrigerator. Add pita and one sauce to container.

Serve one container of pita, cheese cup, turkey ham, sauce cup and vegetable portion as shown in the picture.

Nutritional Data/Portion*

Calories 217

Total Fat 4.78g

Saturated Fat 2.69g

Sodium 638mg

Breakfast K–5 Meal Contribution

1 oz Grain/Bread

2 oz Meat/Meat Alternate

¾ cup Vegetable

Portion (As shown) 1 container of pita, cheese cup, turkey ham, sauce cup and vegetable portion

*Nutritionals based on K–5 portion with 2 oz cheese

Cheese and Crackers STACKERS



DIRECTIONS

Day before service.

1. Cut all ½ oz pre-sliced cheese slices in half on a diagonal.

2. Hard-cook eggs. Peel and chill.

CCP: Store in refrigerator at 40°F or below.

Day of service.

1. Assemble 5" salad containers on full sheet pan. 15 containers fit on one sheet pan.
2. In each container, place six crackers, three rolled cheese slice halves and ½ hard-cooked egg.
3. Add ½ cup fruit or vegetable portion.
4. Refrigerate.

CCP: Hold for cold service at 40°F or below.

5. Serve one container that includes six crackers, ¾ oz cheese pieces, ½ hard-cooked egg and ½ cup fruit or vegetable.

INGREDIENTS	YIELD	
	50	100
Crackers, wheat- and whole-grain varieties, low-sodium	300 ea	600 ea
Cheese, cheddar, mozzarella or American, sliced, reduced-fat, ½ oz	3 lb 2 oz	6 lb 4 oz
Egg, hard-cooked, halved*	25	50
Fruit/vegetable suggestions:		
Cluster of grapes: ½ cup	9 lb 10 oz	19 lb 4 oz
Strawberries: ½ cup	9 lb 10 oz	19 lb 4 oz
Broccoli florets: ½ cup	3 lb 8 oz	7 lb
Orange quarters: ½ cup	17 lb 4 oz	34 lb 8 oz

*1.22 oz ham or 1.6 oz turkey strip can be substituted for egg.

Nutritional Data/Portion

Calories 229

Total Fat 10.0g

Saturated Fat 4.16g

Sodium 361mg

Breakfast Meal Contribution

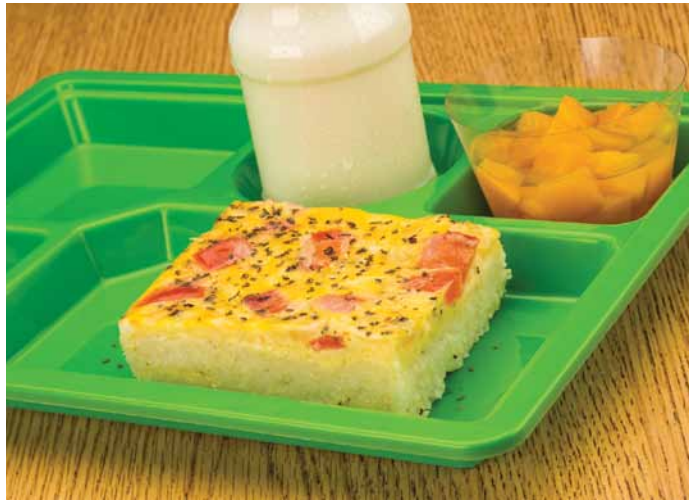
1 oz Grain/Bread

1.75 oz Meat/Meat Alternate

½ cup Fruit or Vegetable

Portion 1 container includes 6 crackers, ¾ oz cheese pieces, ½ hard-cooked egg and ½ cup fruit or vegetable

Cheese Frittata



INGREDIENTS	YIELD	
	40	80
Water	1 gal + 1½ qt	2 gal + 3 qt
Grits, quick	3 lb 3 oz	6 lb 6 oz
Butter, unsalted	1 cup	2 cups
Salt (optional)	(¼ cup)	(½ cup)
Vegetable oil	⅓ cup	⅔ cup
Onions, chopped	1½ lb	3 lb
Dried basil or oregano	2 tsp	1 Tbsp
Tomatoes, fresh, chopped	2 lb	4 lb
Eggs, fresh, large	50 ea	100 ea
Cheese, mozzarella, part-skim, shredded	3 cups	6 ¼ cups
Salt	2 Tbsp	¼ cup
Pepper, black	1 tsp	2 tsp

DIRECTIONS

1. Spray full steam table pan with food release spray; line bottom only with parchment paper. Use two pans for 40 servings; four pans for 80 servings.
2. Measure water into large stock pot and bring to a boil.
3. Add butter and salt. Add grits while stirring constantly and vigorously. Bring back up to a boil, then simmer, stirring occasionally.
4. When thickened, pour into steam table pans and bake at 350°F for 15 minutes until fully set. Adjust cooking time if needed.
5. While grits are baking, sauté onions in large flat pan, stirring frequently for ten minutes or until lightly browned and aromatic. Remove from heat, add tomatoes and toss well. Transfer onion and tomato mixture into large bowl. Mix in herbs, eggs, cheese and spices and stir well until fully incorporated.
6. Remove each pan of grits from oven; pour equal portions of egg mixture on top of baked grits. Return to oven and bake until fully set. To test, a knife inserted into the thickest part should come out clean.

Conventional oven: 325°F for 25–28 minutes

Convection oven: 325°F for 23–25 minutes

7. Cut each pan into 40 pieces (2" x 3") and serve immediately.

CCP: Hold for hot service at 140°F or above.

Nutritional Data/Portion

Calories 186.1

Total Fat 13g

Saturated Fat 5.16g

Sodium 382.2mg

Breakfast Meal Contribution

1 oz Grain/Bread

2.25 oz Meat/Meat Alternate

⅛ cup Vegetable

Portion 1 2" x 3" square

Cheese Strata WITH CRUMB TOPPING



INGREDIENTS	YIELD	
	40	80
Bread, sliced, white or wheat	40 slices	80 slices
Butter, unsalted, softened	1 1/3 cups	2 2/3 cups
Cheese, cheddar, shredded, reduced-fat, low-sodium	3 lb 4 oz	6 lb 8 oz
Eggs, fresh, large	52	104
Milk, non-fat	3 qt	1 1/2 gal
Salt	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Mustard, dry	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Topping:		
Cereal, cornflake, crushed	2 lb	4 lb
Butter, melted	2 cups	4 cups

DIRECTIONS

Day before service.

1. Trim crust from bread. Spread each slice with butter. Cut each slice in four strips. (Crust may be left on; however, texture of strata changes.)
2. Prepare 12 x 20 x 2" pans by greasing well. Use two pans for 40 servings; four pans for 80 servings.
3. In pan, make layer of bread strips. Top with cheese.
4. Beat eggs, seasoning and milk and pour over bread and cheese dividing equally for all in pans. Cover and refrigerate overnight.

CCP: Hold for cold storage at 40°F or below.

Day of service.

1. Remove from refrigerator, uncover.
2. In a bowl, toss cereal crumbs together with melted butter until well coated.
3. Sprinkle topping evenly over each pan.
4. Bake.
Conventional oven: 350°F for 40 minutes
Convection oven: 350°F for 30 minutes
CCP: Cook until internal temperature reaches 165°F for 15 seconds.
5. Remove from oven and let stand at least five minutes before cutting.
6. Cut each pan into 40 servings; 2" x 3" cut.
CCP: Hold for hot service at 140°F or above.

Nutritional Data/Portion

Calories 387

Total Fat 21.7g

Saturated Fat 12.4g

Sodium 540mg

Breakfast Meal Contribution

1.5 oz Grain/Bread

3 oz Meat/Meat Alternate

Portion 1 2" x 3" square

Cheesy Egg Breakfast Taco



INGREDIENTS	YIELD	
	50	100
Eggs, liquid, frozen	5 lb 8 oz	11 lbs
Garlic salt	1 Tbsp	2 Tbsp
Pepper, black	1 Tbsp	2 Tbsp
Green or red peppers, fresh, chopped	2 lb 8 oz	5 lb
Onion, chopped	2 lb 8 oz	5 lb
Cheese, shredded*	3 lb 2 oz	6 lb 4 oz
Corn taco shell, 6"	50	100
Lettuce, chopped	2 lb	4 lb
Salsa	2 qt	1 gal
Avocado, diced (optional)	3 – 4 ea	6 – 7 ea

*Options: Use mozzarella, cheddar, American, jalapeño or any combination of shredded cheese.

DIRECTIONS

Two days before service.

1. Remove quantity of eggs required from freezer. Thaw in refrigerator.

CCP: Refrigerate at 40°F or below. Do not refreeze.

Day before service.

1. Mix eggs with garlic salt, pepper, chopped green pepper and onion.

2. Cover and refrigerate.

CCP: Refrigerate at 40°F or below. Do not refreeze.

Day of service.

1. Warm taco shells in heated cabinet at 170°F for 30 minutes or until ready to fill.

2. Spray full 4" deep steam table pan well with cooking oil. Pour egg mixture into pan. Cook using oven or steamer method.

Stir once during cooking process and continue cooking until fully cooked.

3. Remove eggs from heat. Add cheese and mix. Hold on steam table.

CCP: Hold for hot service at 140°F or above.

4. Assemble on line or ahead of service by lining filled tacos in bakery paper-lined steam table pan. Hot hold.

CCP: Hold for hot service at 140°F or above.

5. Assembly instructions: Place rounded ¼ cup lettuce in shell. Spoon ¼ cup (16 scoop) cheesy eggs onto lettuce. Top with 1 oz ladle salsa.

6. Serve one taco.

Option: Top with three to four pieces (⅓ cup) of diced avocado.

Option: serve additional salsa on the side in pre-portioned 2 oz cups.

Nutritional Data/Portion

Calories 230

Total Fat 16g

Saturated Fat 5g

Sodium 250mg

Breakfast Meal Contribution

1 oz Grain/Bread

1.5 oz Meat/Meat Alternate

¾ cup Vegetable

Portion 1 taco

CINNAMON RAISIN Grilled Cheese



INGREDIENTS	YIELD	
	50	100
Butter, melted	6 oz	12 oz
Bread, whole-grain, cinnamon swirl with raisins	100 slices	200 slices
Cheese, American, sliced, ½ oz	150 slices or 4 lb 11 oz	300 slices or 9 lb 6 oz

Options: Sandwich could also include thin apple slices, well-cooked bacon or turkey ham.

DIRECTIONS

1. For 50 servings, prepare three sheet pans. Brush approximately 1 Tbsp of melted butter on each pan.
2. Place 20 slices of bread on each pan.
3. Top each slice of raisin bread with three ½ oz slices of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining butter.
6. Bake until lightly browned.
Conventional oven: 400°F for 15–20 minutes
Convection oven: 350°F for 10–15 minutes
Check frequently to prevent overcooking.
CCP: Hold for hot service at 140°F or above.
7. Serve ½ sandwich for grades K–5; full sandwich for grades 6–12.

Nutritional Data/Portion*

Calories 254.5

Total Fat 9.05g
Saturated Fat 4.3g

Sodium 638mg

Breakfast Meal Contribution

2 oz Grain/Bread
1.5 oz Meat/Meat Alternate

Portion ½ sandwich (Grades K–5)
full sandwich (Grades 6–12)*

*Nutritionals based on one full sandwich

Cuban Pastelitos (CHEESE PASTRIES)



INGREDIENTS	YIELD	
	50	100
Puff pastry dough, frozen, ready to bake, 5 x 5	50	100
Cheese, (see options)* shredded or sliced	100 ½ oz slices Or 3 lb 2 oz	200 ½ oz slices Or 6 lb 4 oz

* Options:
Cheddar
American
Jalapeño
Mozzarella
Or blend of cheese

DIRECTIONS

One to two days before service.

1. Place pastry squares on parchment paper-lined full sheet pan. Thaw approximately 15 minutes. (Do not thaw in case. Must thaw flat.)
2. Place two ½ oz slice or ¼ cup shredded cheese in the center of each pastry square.
3. Fold down from top point to lower point to form a triangle.
4. Press all around the two open edges to seal tightly. A fork works well and crimps the edges.
5. Line up triangles on paper-lined sheet pan in a 3 x 8 pattern, leaving space for puffing.
6. Cover and refrigerate until ready to bake.

CCP: Hold for cold storage at 40°F or below.

Day of service.

1. Spray each triangle lightly with vegetable spray.
2. Bake until puffed up and golden brown. Keep a close eye as oven temperatures vary.

Conventional oven: 375°F for 20–25 minutes

Convection oven: 350°F for 15–20 minutes

CCP: Heat to 145°F or above for at least 15 seconds.

CCP: Hold for hot service at 140°F or above.

3. Serve one cheese pastry.

Nutritional Data/Portion

Calories 229

Total Fat 7.12g

Saturated Fat 3.29g

Sodium 453mg

Breakfast Meal Contribution

1.75 oz Grain/Bread

1 oz Meat/Meat Alternate

Portion 1 each

Egg and Cheese Muffin



INGREDIENTS	YIELD	
	50	100
Egg patty, precooked, frozen, 1.25 oz	50	100
Cheese, American, reduced-fat, sliced, ½ oz*	12½ oz Or 25 slices	25 oz Or 50 slices
English muffin, whole-grain, sliced, 2 oz	50	100

*Other cheese options include: mozzarella, pepper jack or jalapeño.

DIRECTIONS

Two days before service.

1. Remove egg patties from freezer. Thaw overnight in refrigerator.

CCP: Store in refrigerator at 40°F or below.

Day before service.

1. Cut cheese slices in half.
2. Assemble sandwiches cold. Place egg patty and ¼ oz cheese slice on English muffin. Line up to fill sheet pans.
3. Cover and refrigerate.

CCP: Hold for cold storage at 40°F or below.

Day of service.

1. Uncover, bake in oven.

Conventional oven: 325°F bake 16–17 minutes until internal temperature reaches 145°F

Convection oven: 325°F bake 10–12 minutes until internal temperature reaches 145°F

CCP: Hold for hot service at 140°F or above.

2. Serve one sandwich.

Nutritional Data/Portion

Calories 217

Total Fat 8.12g

Saturated Fat 2.12g

Sodium 402mg

Breakfast Meal Contribution

2 oz Grain/Bread

1.25 oz Meat/Meat Alternate

Portion 1 sandwich

French Toast Yogurt Dippers



INGREDIENTS	YIELD	
	50	100
French toast sticks, whole-grain, heat and serve	150 sticks	300 sticks
Yogurt, plain, low-fat*	1 gal + 2 qts + 1 cup	3 gal + 2 cups
Maple syrup	50 oz	100 oz

*Also works well with Greek yogurt.

DIRECTIONS

1. Preheat oven to 375°F. Line full sheet pan with baking paper.
2. Arrange French toast sticks in a single layer side by side to fill pan.
3. Bake and hold hot until service.
Conventional oven approx. 8–10 minutes
Convection oven approx. 6–8 minutes
CCP: Internal temperature should be 155°F.
Hold for hot service at 140°F or above.
4. Portion #8 scoop (½ cup) yogurt into a 4 oz cup.
5. As close to service as possible, float 2 Tbsp maple syrup on top of yogurt. Do not mix. Refrigerate until ready to serve.
CCP: Store in refrigerator at 40°F or below.
6. Serve three French toast sticks and 4 oz yogurt dipping syrup.

Nutritional Data/Portion

Calories 409

Total Fat 11.94g
Saturated Fat 2.73g

Sodium 628mg

Breakfast Meal Contribution

1.5 oz Grain/Bread
1 oz Meat/Meat Alternate

Portion 4 oz cup yogurt syrup;
3 french toast sticks

Mexi-Cheese, Potato and Egg Burrito



INGREDIENTS	YIELD	
	50	100
Eggs, liquid, frozen, thawed Or Eggs, fresh, large	5 lb 8 oz Or 50	11 lbs Or 100
Potato rounds, frozen, oven-ready	6 lb	12 lb
Cheese sauce, jalapeño, reduced-sodium	5 lb + 2 cups	10 lb + 4 cups
8" Tortilla, 100% whole-wheat	50	100
Salsa	1 #10 can	2 #10 cans

*Option: Shredded cheddar cheese may be used instead of sauce. This would further reduce the sodium. Sprinkle on top of eggs before wrapping.

DIRECTIONS

- Scramble eggs.
CCP: Hold for hot service at 140°F or above.
- Spread potatoes into a single layer on a sheet pan.
Bake until golden brown and crispy.
Conventional oven: 475°F for 24 minutes
Convection oven: 450°F for about 15 minutes
CCP: Hold for hot service at 140°F or above.
- Heat cheese sauce to 145°F or above.
CCP: Hold for hot service at 140°F or above.
- Warm tortillas in heated cabinet set at 160°F for no more than one hour.
- Line tortillas in a single layer in a 2" deep full steam table pan lined with paper.
- Fill tortilla with six pieces of potato, #20 scoop of scrambled eggs, 3 Tbsp of cheese sauce and ¼ cup of salsa. Roll up into a burrito.
- Cover each full pan with a sheet of pan liner paper and hold in warming cabinet.
CCP: Hold for hot service at 140°F or above.
- Serve one burrito.

Nutritional Data/Portion

Calories 454

Total Fat 20.6g
Saturated Fat 7.93g

Sodium 760mg

Breakfast Meal Contribution

1.5 oz Grain/Bread
2 oz Meat/Meat Alternate
½ cup Vegetable

Portion 1 burrito

Open-Face Monte Cristo



INGREDIENTS	YIELD	
	50	100
French toast, whole-grain, frozen, thawed, heat and serve, 2.4 oz slice	50	100
Turkey ham, shaved	5 lb 5 oz	10 lb 11 oz
Cheese, mozzarella, shredded, reduced-fat	2½ lb	5 lb

DIRECTIONS

1. Preheat oven. Prepare full sheet pans with pan liner paper. Two pans for 50 servings; four pans for 100 servings.
Conventional oven: 350°F
Convection oven: 325°F
2. Arrange French toast in a single layer on sheet pans.
3. Top each slice of toast with 1.7 oz shaved turkey ham, arranging to cover bread slice.
4. Top turkey ham with ¾ oz shredded mozzarella cheese.
5. Bake approximately five minutes until cheese is melted and French toast is hot to 145°F or above.
CCP: Hold for hot service at 140°F or above.
6. Garnish suggestion: sprinkle with confectioners' sugar.
7. Optional: cut in half diagonally.

Nutritional Data/Portion

Calories 258

Total Fat 9.2g
Saturated Fat 3.86g

Sodium 699mg

Breakfast Meal Contribution

1 oz Grain/Bread
1.75 oz Meat/Meat Alternate

Portion 1 open-face sandwich square

Potato Breakfast Casserole



INGREDIENTS	YIELD	
	50	100
Potatoes, frozen, shredded or diced	6 ½ lb	13 lb
Cheese, cheddar, shredded, low-fat, low-sodium	2 lb 6 oz	4 lb 12 oz
Eggs, fresh, large, slightly beaten	25	50
Pepper, black	1 ½ tsp	1 Tbsp
Onion, fresh, chopped	3 cups	6 cups
Oil, vegetable	2 oz	4 oz
Ham, turkey, diced*	3 lb 2 oz	6 lb 4 oz

*Options: Use sausage crumbles or Canadian bacon instead of turkey ham.

NOTE: If using fresh potatoes, recipe cannot be made a day ahead.

DIRECTIONS

Day before service.

1. Spray full steam table with cooking spray; 25 servings per pan.
2. Mix cold potatoes, cheese, eggs and pepper together.
3. Sauté onion in vegetable oil until soft and translucent.
4. Mix onion and diced turkey ham into potato mixture.
5. Pour equal portions into prepared pans.
6. At this step, pans can be completely covered and refrigerated overnight.

CCP: Hold in refrigerator at 35 to 40°F.
DO NOT FREEZE.

Day of service.

1. Next morning, remove pans from refrigerator, uncover and place in hot oven. Bake until eggs are set.
Conventional oven: 350°F for 45 minutes
Convection oven: 325°F for 35 minutes
CCP: Hold for hot service at 140°F or above.
2. Serve #8 scoop (½ cup).

Nutritional Data/Portion

Calories 193

Total Fat 9.21g

Saturated Fat 3.8g

Sodium 442mg

Breakfast Meal Contribution

2 oz Meat/Meat Alternate

¼ cup Vegetable

Portion 1 #8 scoop (½ cup)

Puffy Pancake with Fruit



INGREDIENTS	YIELD	
	48	96
Eggs, fresh, large	24	48
Flour, all-purpose	1 lb 11 oz	3 lb 6 oz
Yogurt, Greek, non-fat, plain	42 oz	84 oz
Sugar, granulated	1 cup	2 cups
Vanilla, extract	4 tsp	2 Tbsp + 2 tsp
Salt	½ tsp	1 tsp
Butter, unsalted	1 cup	2 cups
Confectioners' sugar	¼ cup	½ cup
Strawberries, sliced*	4 lb 6 oz	9 lb 3 oz
Sugar, granulated (optional)	¾ cup	1 cup + 2 Tbsp

*Warm apple slices with cinnamon can be a substitute for strawberries.

Note: To increase grain contribution, use white whole-wheat flour in place of enriched all-purpose flour.

DIRECTIONS

- Preheat oven.
Conventional oven: 400°F
Convection oven: 375°F
- In a mixer or blender, combine the eggs, flour, yogurt, sugar, vanilla extract and salt. Mix well.
CCP: Hold for cold service at 40°F or below if not cooking immediately.
- Place butter into sheet pan. Place pan into oven. Melt butter and heat pan.
- Carefully remove the hot pan from oven. The butter should be melted. Spread the butter around to coat bottom of pan. Pour the batter into the hot pan and return the pan to the oven. Bake until the pancake is puffed in the center and golden brown along the edges.
Conventional oven: 20–25 minutes
Convection oven: 15–20 minutes
- Remove from oven. Sprinkle with Confectioners' sugar and cut pan 6 x 8 (48 pieces per pan).
- Using a spatula, place portion onto breakfast tray and top with ¼ cup strawberries. (Sprinkle cleaned and sliced strawberries with sugar. Refrigerate one hour to overnight until juices are released.)
- Serve one 3 x 3" square with fruit topping.

Nutritional Data/Portion

Calories 191

Total Fat 7.1g
Saturated Fat 3.56g

Sodium 104.6mg

Breakfast Meal Contribution

1 oz Grain/Bread
¼ cup Fruit

Portion 1 3" x 3" square
1 sheet pan per 48 squares (6 x 8 cut)

Salsa Pancake Stacker



INGREDIENTS	YIELD	
	50	100
Pancake, whole-grain, frozen, heat and serve	100	200
Cheese, American, ½ oz slice	50 Or 1 lb 9 oz	100 Or 3 lb 2 oz
Egg patty, precooked, frozen round, 1.25 oz	50 each	100 each

Options: Offer a 2 oz cup of salsa to add ¼ cup red/orange vegetable serving or serve with maple syrup.

DIRECTIONS

Day before service.

1. Thaw egg patties in the refrigerator overnight.
2. Cut ½ oz cheese slices in half.

CCP: Store in refrigerator at 40°F or below.

Day of service.

1. Spray two 18 x 26" full sheet pans with cooking spray.
2. Place single layer of pancakes in each sheet pan, fitting 25 pancakes in a pan (six down and four across plus one).
3. Top each pancake with ½ of a slice (¼ oz) of American cheese.
4. Place egg patty and 1 Tbsp salsa on top of cheese.
5. Place the other ½ of slice of cheese on top of salsa.
6. Put a second pancake on top to make a stacker sandwich.
7. Bake until cheese melts and center of sandwich tests 145°F or above on thermometer.
Conventional oven: 400°F 8–10 minutes
Convection oven: 375°F 7–6 minutes
8. Stackers can be wrapped in sandwich papers and held in warming cabinet for one hour.
CCP: Hold for hot service at 140°F or above.
9. Serve one pancake sandwich.

Nutritional Data/Portion

Calories 253

Total Fat 11.5g

Saturated Fat 3.25g

Sodium 587mg

Breakfast Meal Contribution

2 oz Grain/Bread

1.5 oz Meat/Meat Alternate

Portion 1 pancake sandwich

Sausage and Cheese Quesadilla



INGREDIENTS	YIELD	
	50	100
8" Tortilla, 100% whole-wheat*	50	100
Cheese, mozzarella, shredded, reduced-fat or cheese, cheddar, shredded, reduced-fat or combination of both	3 lb 2 oz	6 lb 4 oz
Sausage patty, fully cooked, frozen, 1.3 oz	50	100

*Tortillas come in flavors like tomato basil and jalapeño cheese which may add variety to this quesadilla.

DIRECTIONS

- Preheat oven.
Conventional oven: 400°F
Convection oven: 375°F
- Prepare sausage patties. Keep frozen until ready to heat. Place patties on sheet pan. Cook in oven then hold in warmer.
Conventional oven: 375°F 8–10 minutes
Convection oven: 350°F 7–8 minutes
CCP: Hold to maintain temperature at 140°F or above.
- Line sheet pans with parchment paper.
- Place 12 tortillas on each sheet pan.
- Sprinkle bottom half of each tortilla with 1 oz shredded cheese. Fold tortilla in half to enclose filling. Press down.
- Bake until tortilla is crisp on bottom and filling is melted but not running out.
Conventional oven: 4 to 5 minutes
Convection oven: 4 minutes
- Remove from oven, fold each quesadilla half-circle in half again. Stuff sausage patty into fold or crease.
- Quesadilla can be wrapped in waxed paper or foil sheet.
- Hold in warming cabinet or on steam table.
CCP: Hold for hot service at 140°F or above.
- Serve one quesadilla.

Nutritional Data/Portion

Calories 309

Total Fat 15.12g
Saturated Fat 6.79g

Sodium 601mg

Breakfast Meal Contribution

1.5 oz Grain/Bread
2 oz Meat/Meat Alternate

Portion 1 8" quesadilla

Sausage and Cheese Biscuit



INGREDIENTS	YIELD	
	50	100
Pork sausage patty, fully cooked, frozen, 1.3 oz	50	100
Cheese, American, sliced, ½ oz, reduced-fat	12.5 oz	25 oz
Whole-wheat biscuit, 3" round, sliced*	50	100

*Option: Can use whole-grain rolls in place of biscuit as seen in the picture.

DIRECTIONS

Two days before service.

1. Remove sausage patties from freezer. Place cases in refrigerator and thaw overnight.

CCP: Store in refrigerator at 40°F or below.

Day before service.

1. Cut cheese in half.
2. Assemble sandwiches cold. Place sausage patty and half cheese slice on biscuit. Line up to fill sheet pans.
3. Refrigerate covered loosely.

CCP: Hold for cold storage at 40°F or below.

Day of service.

1. For service: Uncover, bake in oven.

Conventional oven: 325°F bake, 16–17 minutes until internal temperature reaches 145°F

Convection oven: 325°F bake, 10–12 minutes until internal temperature reaches 145°F

CCP: Hold for hot service at 140°F or above.

2. Serve one sandwich.

Nutritional Data/Portion

Calories 277

Total Fat 13.1g

Saturated Fat 5.1g

Sodium 500mg

Breakfast Meal Contribution

1 oz Grain/Bread

1.25 oz Meat/Meat Alternate

Portion 1 biscuit sandwich

Scrambled Eggs and Chorizo



INGREDIENTS	YIELD	
	50	100
Beef chorizo mix with potatoes, frozen, fully cooked	4 lb	8 lb
Eggs, liquid, frozen, thawed	5 lb 8 oz	11 lbs
Cheese, cheddar sauce, reduced-fat	2½ cups	5 cups
Bread, whole-wheat, toasted*	50 slices	100 slices
Garnish, chopped green onion, tomato or parsley	1 cup	2 cups

*Grain/bread options: (each)
 Whole-grain flour tortilla (6")
 Whole-wheat pita (1 oz)
 Whole-grain English muffin (½)

DIRECTIONS

- Heat beef chorizo mix in steamer for 45 minutes or until product reaches 145°F.
CCP: Hold for hot service at 140°F or above.
 - Cook scrambled eggs, heating to 155°F using oven, steamer or stove top.
Oven method:
Conventional oven: 325°F for 20 minutes; stir once during cooking process
Convection oven: 325°F for 15 minutes; stir once during cooking process
Steamer method: 5 lb pressure for 3–5 minutes
 - Interrupt cooking process of eggs when partially cooked but still moist; fold cheddar cheese sauce into eggs. Continue cooking. Heat thoroughly, testing temperature for 155°F.
 - Remove eggs and cheese mixture from heat. Fold hot chorizo mix into eggs. Hold on steam table in 2" full steam table pans. Two pans for 50; four pans for 100.
CCP: Hold for hot service at 140°F or above.
 - Sprinkle eggs with garnish.
 - Serve #12 scoop (⅓ cup) egg/chorizo mix with one slice of toast.
- Option: Do not mix chorizo into eggs and scoop separately.

Nutritional Data/Portion

Calories 205

Total Fat 8g

Saturated Fat 2.89g

Sodium 361mg

Breakfast Meal Contribution

1 oz Grain/Bread

2 oz Meat/Meat Alternate

Portion 1 #12 scoop (⅓ cup)

Veggie Breakfast Sandwich



INGREDIENTS	YIELD	
	50	100
Eggs, liquid, frozen	5 lb 8 oz	11 lbs
Pepper, white	2 tsp	1 Tbsp + 1 tsp
Salt	1½ tsp	1 Tbsp
Spinach, frozen, chopped, cooked and drained	1 lb 8 oz	3 lb 2 oz
Cheese, American, sliced, ½ oz slices	50 slices	100 slices
Hamburger bun, whole-wheat, 4"	50	100

DIRECTIONS

Day before service.

1. Thaw frozen eggs in refrigerator.

CCP: Store at 40°F or below.

Day of service.

1. If using oven method to scramble eggs, use full steam table pans lightly coated with oil. For 50 servings, use two pans; for 100, use four pans.

2. Divide and pour egg mixture evenly between pans. Add salt and pepper and approximately 12 oz chopped spinach per pan. Stir evenly into egg mixture.

3. Bake until eggs are set, stirring frequently to scramble eggs.

Conventional oven: 350°F for 40 minutes

Convection oven: 325°F for 30 minutes

CCP: Hold for hot service at 140°F or above.

4. Portion #16 scoop (¼ cup) egg mixture onto bottom half of bun. Top with one slice of cheese. Top with other half bun.

5. Wrap sandwiches in sandwich wrap and maintain temperature. Holding time will melt cheese.

CCP: Hold for hot service at 140°F or above for no longer than one hour.

Nutritional Data/Portion

Calories 263

Total Fat 12.04g

Saturated Fat 3.99g

Sodium 541.7mg

Breakfast Meal Contribution

2 oz Grain/Bread

1.5 oz Meat/Meat Alternate

Portion 1 sandwich

WHOLE-GRAIN Banana Chocolate Chip Muffin



INGREDIENTS	YIELD	
	50	100
Bananas, ripe, mashed	1 lb 12 oz	3 lb 8 oz
Milk, low-fat	½ cup	1 cup
Oil, vegetable	¾ cup	1½ cup
Eggs, fresh, large	4 ea	8 ea
Vanilla	1 Tbsp	2 Tbsp
Flour, whole-wheat	1 lb	2 lb
Flour, all-purpose	14 oz	1 lb 12 oz
Baking soda	1 Tbsp	2 Tbsp + 1 tsp
Baking powder	2 tsp	1 Tbsp
Salt	1 Tbsp	2 Tbsp
Sugar, granulated	1 lb 8 oz	3 lb
Chocolate chips	1 cup	2 cups

DIRECTIONS

1. Place mashed bananas in mixer.
2. Add milk, oil, eggs and vanilla; mix on low speed for one minute.
3. In a separate bowl, mix together flour, baking soda, baking powder, salt and sugar.
4. Slowly add dry mix to wet mix. Use low speed and mix just enough to moisten dry ingredients; scrape sides of bowl.
5. Fold in chocolate chips.

Batter can be covered and refrigerated for up to two days.

CCP: Store well covered at 40°F or below.
Do not freeze.

6. Dip batter using #8 scoop (½ cup) into paper-lined muffin cups. Bake.
Conventional oven: 350°F for 25 minutes
Convection oven: 325°F for 17–18 minutes
7. Cool on rack.
8. Muffins can be wrapped and frozen for 30 days.
9. Serve one muffin.

Nutritional Data/Portion

Calories 199

Total Fat 7.2g

Saturated Fat 4.45g

Sodium 310mg

Breakfast Meal Contribution

1 oz Grain/Bread

Portion 1 muffin

Thank You



The Florida Department of Agriculture and Consumer Services and the Dairy Council of Florida would like to thank the following districts for contributing to the development of these recipes:

List of Contributing Districts

Alachua County, Florida

Alexandria City Public Schools, Virginia

Broward County, Florida

Carroll County Public Schools, Maryland

Chandler UnifiedPublicSchools,Arizona

Flagler County Schools, Florida

Hillsborough County, Florida

Middleton School District, Idaho

Montgomery County Public Schools, Maryland

Orange County, Florida

Sarasota County, Florida

School Nutrition Association of Oklahoma -
McAlester Public Schools, Oklahoma

St. Paul Public Schools, Minnesota

Wayzata Schools, Minnesota

- 5 Week Sample Menus featuring 24 HUB Recipes



Sample Menus



Huddle Up for Breakfast in September 2024

Celebrating 10 Years

SUGGESTED BREAKFAST MENU PLAN K-12 SAMPLES

September 2	September 3	September 4	September 5	September 6
September 2 Labor Day Holiday No School Featured Daily Fruits & Veggies -->	Choice of: <i>French Toast Yogurt Dippers</i> <i>or</i> Cereal Choice with 1 Side Petite Banana 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Beef, Egg & Cheese Wrap</i> <i>or</i> Cereal Choice with 1 Side Tater Tot 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Breakfast Lasagna</i> <i>or</i> Cereal Choice with 1 Side Chilled Peach Cup 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Easy Cheesy Frittata</i> <i>or</i> Cereal Choice with 1 Side Mixed Berry Cup 100% Fruit Juice Choice Choice of Milk

September 9	September 10	September 11	September 12	September 13
Choice of: <i>Cheese & Egg Stratta with Crumb Topping</i> <i>or</i> Cereal Choice with 1 Side Chilled Sliced Pears 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Cheesy Egg Breakfast Taco</i> <i>or</i> Cereal Choice with 1 Side Seasoned Black Beans 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Cinnamon Raisin Grilled Cheese</i> <i>or</i> Cereal Choice with 1 Side Petite Banana 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Sausage & Cheese Biscuit</i> <i>or</i> Cereal Choice with 1 Side Chilled Wedges 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Apple Dunkers with Yogurt & Peanut Butter</i> <i>(may choose one additional EV)</i> <i>or</i> Cereal Choice with 1 Side Chilled Mixed Fruit Cup 100% Fruit Juice Choice Choice of Milk

WEEK 2

- Daily Entrée as menued along with daily choice of assorted whole grain-rich cereal and one additional side item from grains, cheese, yogurt, meats, meat alternates.
- Fruit Choices: may select chilled canned fruit cup choice with a fresh fruit or 100% juice. Dried fruit choices also offered daily and may be selected as bonus item.
- Vegetable Choices: When offered, vegetable choice in place of fruit is permitted.
- With Offer versus Serve: to receive student meal price, meals must consist of three food items with one being a ½ cup fruit, 100% juice or vegetable.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- All meals come with up to 2 fresh or canned fruits and/or vegetables at 1/2 cup each. May select a 1/4 dried fruit option at no charge.
- Additional entrées, side items, and milk may be purchased for ala carte charge.

Huddle Up for Breakfast in September 2024

Celebrating 10 Years

SUGGESTED BREAKFAST MENU PLAN K-12 SAMPLES

September 16	September 17	September 18	September 19	September 20
Choice of: <i>Cheddar Pancake Squares with Syrup</i> or Cereal Choice with 1 Side Apple Slices 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Breakfast Berry Parfait with Crunchy Granola</i> <i>(may choose one additional F/V)</i> or Cereal Choice with 1 Side Fruit Cup 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Egg and Cheese Muffin (English)</i> or Cereal Choice with 1 Side Tator Tots 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Cuban Pastelitos</i> or Cereal Choice with 1 Side Mixed Berry Cup 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Build Your Own Pita</i> or Cereal Choice with 1 Side Chilled Peach Cup 100% Fruit Juice Choice Choice of Milk

September 23	September 24	September 25	September 26	September 27
Choice of: <i>Open Face Monte Cristo</i> or Cereal Choice with 1 Side Chilled Pineapple Tidbits 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Mexi-Cheese, Potato & Egg Burrito</i> or Cereal Choice with 1 Side Mexican Corn 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Potato Breakfast Casserole</i> or Cereal Choice with 1 Side Apple Slices 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Veggie Breakfast Sandwich</i> or Cereal Choice with 1 Side Tater Tots 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Cheese and Cracker Stackers</i> <i>(may choose one additional F/V)</i> or Cereal Choice with 1 Side Red & Green Grapes Cup 100% Fruit Juice Choice Choice of Milk

WEEK 4

- Daily Entrée as menued along with daily choice of assorted whole grain-rich cereal and one additional side item from grains, cheese, yogurt, meats, meat alternates.
- Fruit Choices: may select chilled canned fruit cup choice with a fresh fruit or 100% juice. Dried fruit choices also offered daily and may be selected as bonus item.
- Vegetable Choices: When offered, vegetable choice in place of fruit is permitted.
- With Offer versus Serve: to receive student meal price, meals must consist of three food items with one being a ½ cup fruit, 100% juice or vegetable.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- All meals come with up to 2 fresh or canned fruits and/or vegetables at 1/2 cup each. May select a 1/4 dried fruit option at no charge.
- Additional entrées, side items, and milk may be purchased for ala carte charge.

Huddle Up for Breakfast in September 2024

Celebrating 10 Years

SUGGESTED BREAKFAST MENU PLAN K-12 SAMPLES

September 30	October 1	October 2	October 3	October 4
Choice of: <i>Sausage & Cheese Quesadilla</i> <i>or</i> Cereal Choice with 1 Side Seasoned Black Beans 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Puffy Pancake with Fruit Topping</i> <i>or</i> Cereal Choice with 1 Side Fruit Cup 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Scrambled Egg & Chorizo with Tortilla Chips</i> <i>or</i> Cereal Choice with 1 Side Guacamole/Salsa 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Salsa Pancake Sandwich</i> <i>or</i> Cereal Choice with 1 Side Sweet Potato Tots 100% Fruit Juice Choice Choice of Milk	Choice of: <i>Banana Chocolate Chip Muffin</i> <i>or</i> Cereal Choice with 1 Side Chilled Peach Cup 100% Fruit Juice Choice Choice of Milk

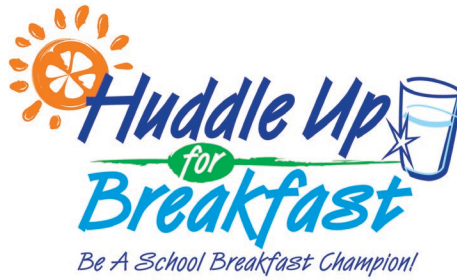
- Daily Entrée as menued along with daily choice of assorted whole grain-rich cereal and one additional side item from grains, cheese, yogurt, meats, meat alternates.
- Fruit Choices: may select chilled canned fruit cup choice with a fresh fruit or 100% juice. Dried fruit choices also offered daily and may be selected as bonus item.
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- All meals come with up to 2 fresh or canned fruits and/or vegetables at 1/2 cup each. May select a 1/4 dried fruit option at no charge.
- Additional entrées, side items, and milk may be purchased for ala carte charge.

- **HUB announcements**
- **Coloring and activity sheets for self-printing**
- **Posters for self-printing - select "Shrink oversized pages" for 8.5x11**
- **HUB Seasonal fruit and vegetable calendar guides**



Resources

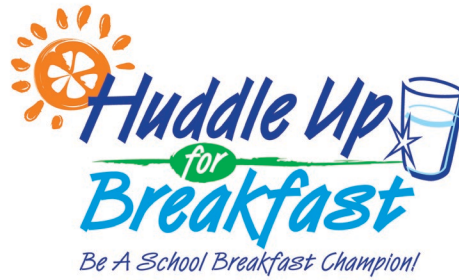




MORNING ANNOUNCEMENTS FOR STUDENTS AND SCHOOL STAFF

Elementary Schools

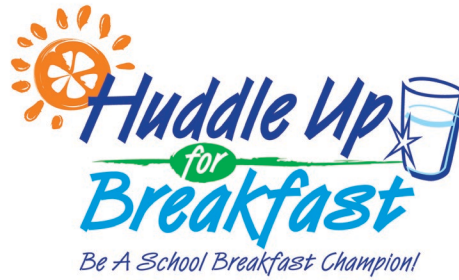
- **Did you have breakfast today?** If not, you fumbled on the most important meal of the day. Starting each day with low-fat or fat-free dairy, fruit and whole grains can help you learn better, make you feel good and give you the energy to tackle every day! Make sure you fuel up so you can play 60!
- **It's time to huddle up for breakfast!** Start your day with low-fat or fat-free dairy, fruit and whole grains so you can go the distance. After fueling up with nutritious foods, don't forget to play for 60 minutes every day to keep you at the top of your game.
- **By kicking off your day with milk,** you will give your body nine essential nutrients it needs! Having milk to start your day will help you grow stronger and smarter. Make sure milk is part of your balanced breakfast to start every day! Fuel Up so you have the energy to play 60 every day!
- **Are low-fat or fat-free dairy, whole grains and fruit part of your daily kickoff?** Make sure you start every day with a variety of nutrient-rich foods that can help you to tackle a great school day. Grab your friends and huddle up for breakfast!
- **What you eat or don't eat matters.** Build a better breakfast with low-fat or fat-free dairy, fruit and whole grains. This breakfast will give your body important vitamins and minerals that it needs to keep you healthy. Healthy foods help you learn better, too. Choose balanced meals at home and at school and remember to play 60 minutes every day. Start your day by going the distance with breakfast.



MORNING ANNOUNCEMENTS FOR STUDENTS AND SCHOOL STAFF

Secondary Schools

- **By kicking off your day with milk,** you will give your body nine essential nutrients it needs! Having milk to start your day will help you grow stronger and smarter. Make sure milk is part of your balanced breakfast to start every day! Fuel Up so you have the energy to play 60 every day!
- **Did you know your school cafeteria serves up a healthy, balanced breakfast every day?** Start your day with low-fat or fat-free milk to give your body a boost of energy with nine essential nutrients that you need to grow healthy and strong. Balance that with some fruit and whole grains so you can go the distance with breakfast.
- **It's time to huddle up for breakfast!** Start your day with low-fat or fat-free dairy, fruit and whole grains so you can go the distance. After fueling up with nutritious foods, don't forget to play for 60 minutes every day to keep you at the top of your game.
- **Make sure your school day starts with breakfast.** Feeding your brain with healthy foods will prepare your mind for learning. Students who say yes to breakfast are sick less often, get to school on time and are awake and ready to learn each day. Go the distance with breakfast by eating low-fat or fat-free milk, whole grains and fruit each day. Make every meal nutritious and make sure you are active for 60 minutes each day for better health.
- **What you eat or don't eat matters.** Build a better breakfast with low-fat or fat-free dairy, fruit and whole grains. This breakfast will give your body important vitamins and minerals that it needs to keep you healthy. Healthy foods help you learn better, too. Choose balanced meals at home and at school and remember to be active for 60 minutes every day. Start your day by going the distance with breakfast. .

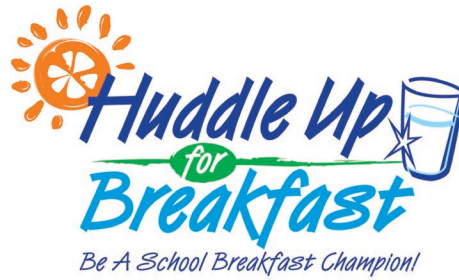


PARENT NEWSLETTER MESSAGES

- **No time for breakfast at home?** Your child's school cafeteria can be the ticket! The serving line offers low-fat and fat-free milk, a variety of fruit and whole grain-rich items. Breakfast items offered meet the United States Department of Agriculture school meal requirements so your child can get the right balance of healthy foods they need to start their day. Encourage your child to choose milk that will give them nine essential nutrients. Dairy, fruit and whole grain-rich items team up to score a healthy breakfast. Make sure your family huddles up for breakfast!
- **The proof is in the brain!** Nutrients are not only essential to learning but they also support normal brain growth and development. Encourage your child to eat a school breakfast each day. They will gain brainpower by fueling up with low-fat or fat-free dairy, fruits and whole grains. That fuel will help the brain with its main functions related to learning such as problem solving, memory, planning and reasoning. Put your child in the driver's seat with learning and go the distance with breakfast.
- **A school breakfast provides 25% of the vital nutrients** your child needs each day to grow a healthy body. Starting the day with a balanced breakfast that includes low-fat and fat-free dairy ensures students are on their way to meet their nutritional needs each day. Those who say yes to breakfast are more likely to be less anxious, calmer, more focused and learn better. Encourage your child to grab their friends and huddle up for breakfast at school.
- **What you eat or don't eat matters!** Throughout their childhood, your children's brains are developing. Not choosing the right combination of food leads to poor nutrition and has a negative effect on brain function. Starting your family's day with low-fat or fat-free dairy, fruit and whole grains will put a better student in the chair for learning. Students who skip breakfast not only develop poor nutrition habits, but their daily academic achievement and testing performance suffer. Score big and go the distance with breakfast.

Children who consume school breakfast have:

- Improved nutritional intake
- Adequate nutrients needed for cognitive function in the morning
- Improved attention and memory
- Increased reading and math scores
- Less likelihood to be overweight
- Improved student behavior and limit on disruptions during class time
- Fewer school absences, tardiness, and visits to the school nurse



School Breakfast Basics

- The School Breakfast Program is a federally funded program administered by the United States Department of Agriculture and operated on a state level by the Florida Department of Agriculture and Consumer Services.
- State legislation in Florida has helped to expand access to school breakfast. All public elementary schools in Florida must operate a school breakfast program.

Alternative Breakfast Options

These options allow schools to make breakfast part of the school day.

- Breakfast in the classroom: Allows all students to be offered breakfast in their classroom, either at the beginning of the day or early during the day.
- Grab and Go: Students quickly grab the components of school breakfast from the cafeteria line or from carts or kiosks on school property. They eat outside of the cafeteria or in their classroom at the start of the day.
- Second Chance Breakfast: Offers students a chance to obtain and eat breakfast after homeroom or first period.
- Vending Machines: Can be offered with traditional breakfast or as an additional alternative breakfast option. The machines are self-serve, on the meal program and are located in cafeteria hallways or common areas.

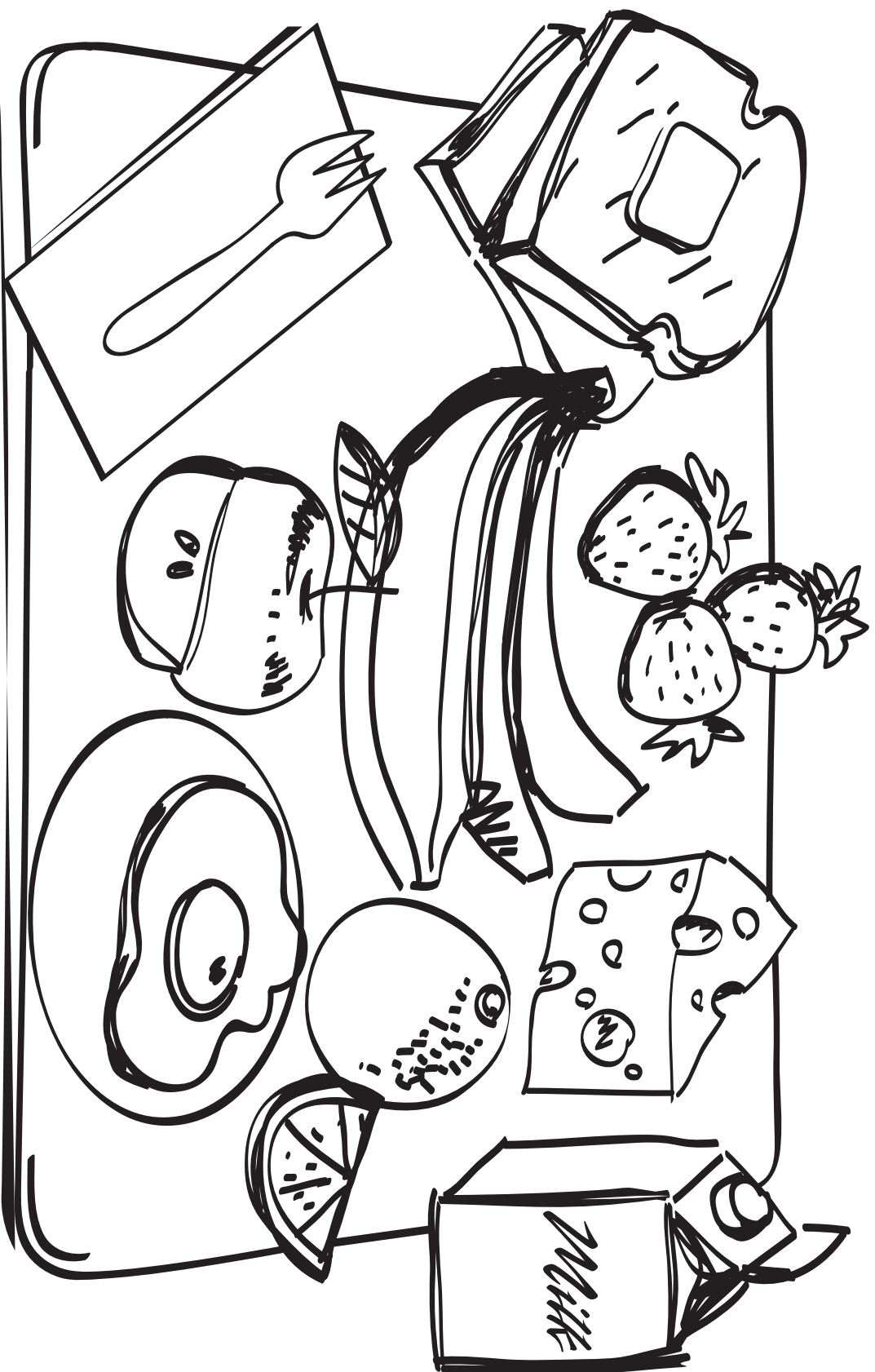
Snacks for Healthy and Energetic Living

Dairy foods pack loads of nutrients and flavor into every serving!
Grow strong bones, muscles and teeth while enjoying these tasty treats!

Get Mooooo-ving With Milk!

Adding calcium-rich snacks to 60 minutes of daily physical activity is a great way to ensure good health!
So, get some dairy fuel in your belly — and PLAY!

Make The Right Breakfast Choices!

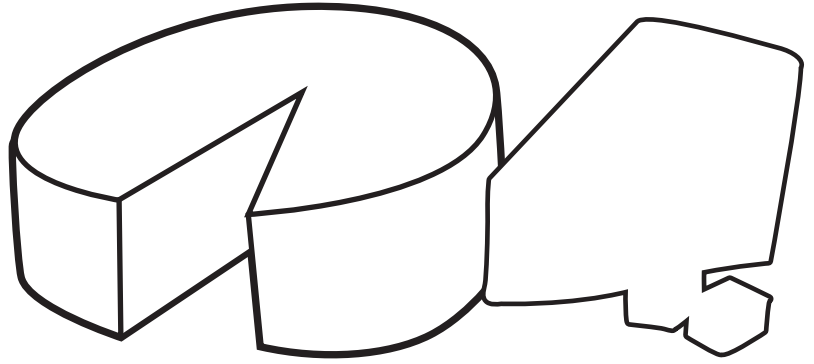


For more helpful resources, visit floridamilk.com

CHEESE

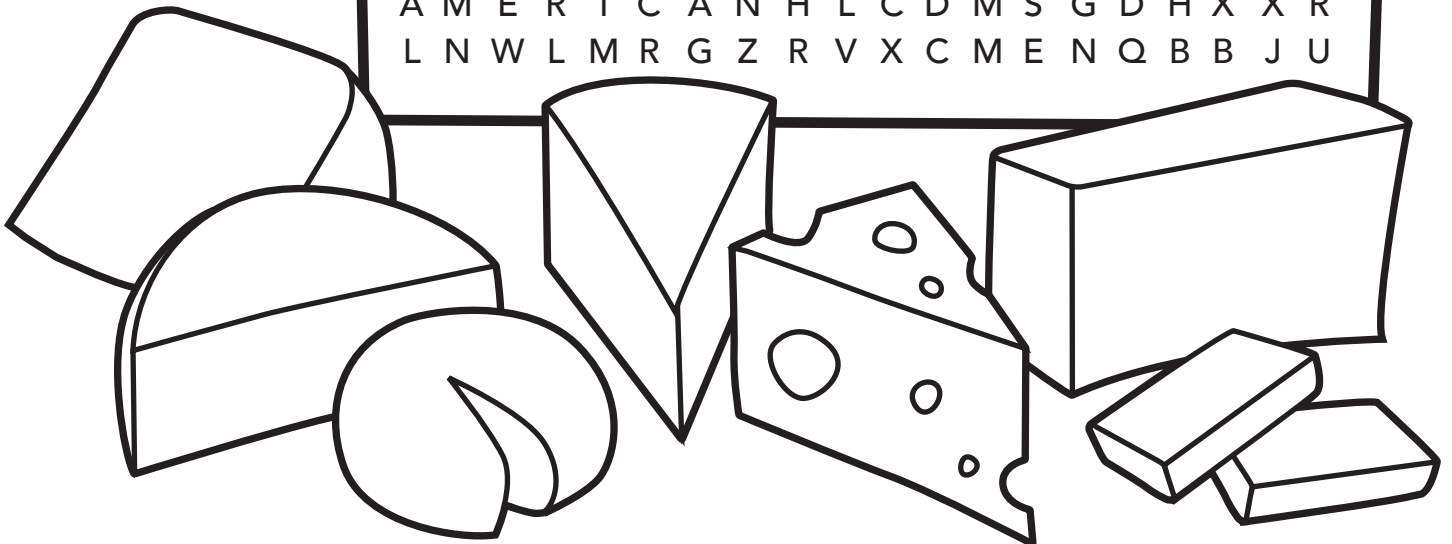
COMES IN MANY FLAVORS!

There are more than 600 different types of cheeses in the world. Find some favorites in the word search below. Taste one of the types you haven't tried before—you might like it!



AMERICAN
ASIAGO
CHEDDAR
COLBY
GORGONZOLA
GOUDA
HAVARTI
MOZZARELLA
MUNSTER
PARMESAN
PROVOLONE
SWISS

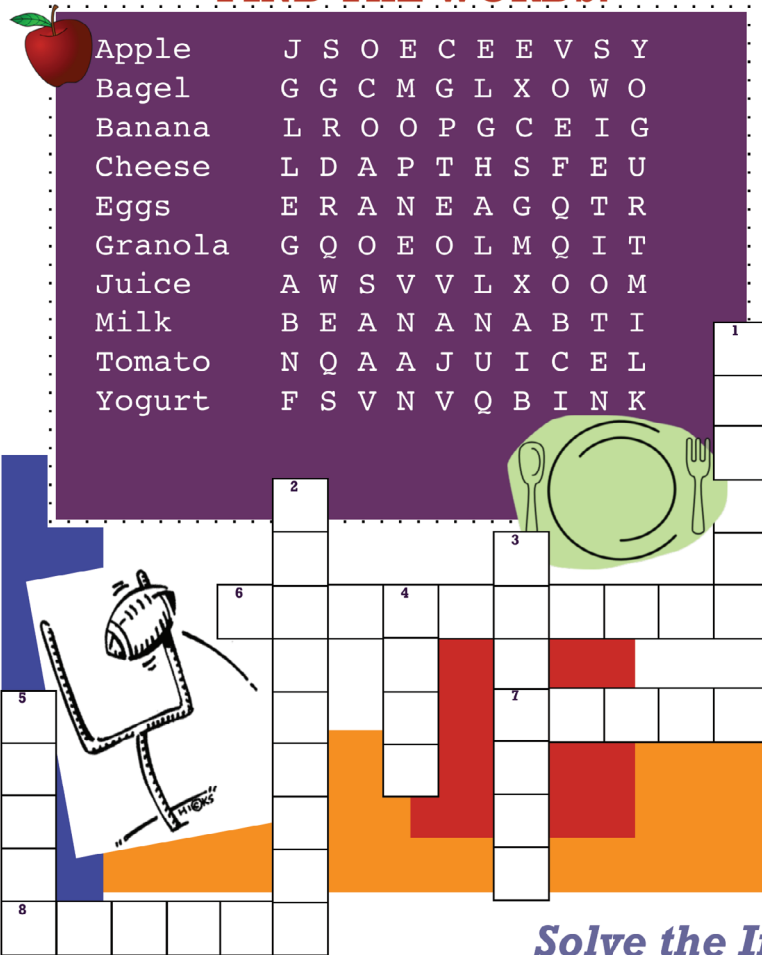
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L	N	W	L	M	R	G	Z	R	V	X	C	M	E	N	Q	B	B	J	U



Huddle Up for a Good Breakfast!



FIND THE WORDS!



RIDDLES!

Q: What is a scarecrow's favorite fruit?

A: Straw-berries!

Q: If fruit comes from a fruit tree, where does chicken come from?

A: A poul-tree!

Q: What do snowmen like to eat for breakfast?

A: Frosted Flakes!

Q: What do you get when a cow laughs?

A: A Milkshake!

Q: How did the egg get up the mountain?

A: It scrambled up!

Q: What do you call a cheese that's not yours?

A. Nacho cheese!



CROSSWORD CLUES

Down

1. Good source of fiber and B vitamins
2. What you need at the beginning of the day for energy
3. Builds strong bones and teeth
4. Type of protein for breakfast
5. You need 3 servings a day

Across

6. Half of your plate should be fruit and _____.
7. An orange is a type of _____ fruit and a good source of vitamin C.
8. Types of dairy include milk, cheese, and _____.



Solve the Ingredients to an Omelet!

1.	$2+3$	$10-3$	7×1
2.	$15+4$	4×4	$6+3$
3.	3×5	$28/2$	3×3
4.	3×1	$16/2$	$2+3$



FOR A
BALANCED
BREAKFAST,
EAT WITH
TOAST AND
A GLASS OF
MILK!

ANSWERS: 1) EGG 2) SPINACH 3) ONION
4) CHEESE

****Use this key to help you find all of the ingredients!**

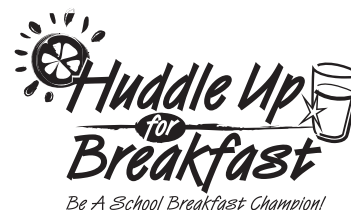
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N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

CROSSWORD ANSWERS:
1) GRAINS 2) BREAKFAST
3) CALCIUM 4) EGGS
5) DAIRY 6) VEGETABLES
7) CITRUS 8) YOGURT



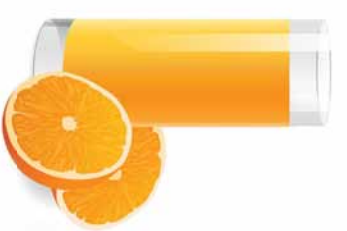
Provided by Florida Agriculture in the Classroom

For more helpful resources, visit floridamilk.com

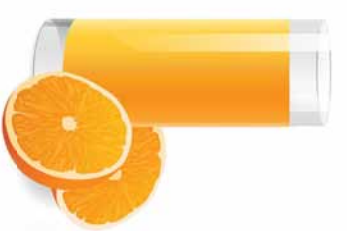


Be A School Breakfast Champion!

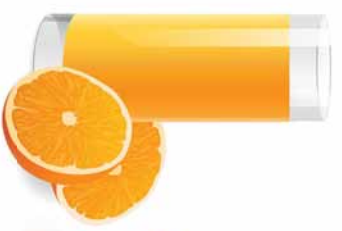
Check out School Breakfast!



Start the Day Right with Breakfast!



Breakfast = Brainpower



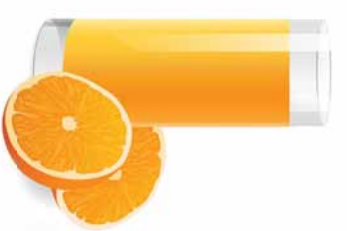
Huddle Up
for

Breakfast

Be A School Breakfast Champion!



Boost Your Energy With Breakfast!



**Huddle Up
for
Breakfast**

Be A School Breakfast Champion!



Florida Fruit and Vegetable Calendar

- Featured Farm to School products
- Other Florida Grown products

AUGUST

- Avocado
- Carambola
- Guava
- Mushroom
- Okra

SEPTEMBER

- Avocado
- Carambola
- Grapefruit
- Guava
- Mushroom
- Okra
- Orange
- Tangerine

OCTOBER

- Avocado
- Carambola
- Cucumber
- Grapefruit
- Guava
- Mushroom
- Okra
- Orange
- Squash
- Sweet Corn
- Tangerine
- Tomato

NOVEMBER

- Avocado
- Bell Pepper
- Carambola
- Cucumber
- Eggplant
- Grapefruit
- Guava
- Mushroom
- Orange
- Radish
- Snap Bean
- Squash
- Sweet Corn
- Tangerine
- Tomato

DECEMBER

- Avocado
- Bell Pepper
- Cabbage
- Carambola
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Grapefruit
- Guava
- Lettuce
- Orange
- Radish
- Snap Bean
- Squash
- Strawberry
- Sweet Corn
- Tangerine
- Tomato

JANUARY

- Avocado
- Bell Pepper
- Broccoli
- Cabbage
- Carambola
- Cauliflower
- Celery
- Eggplant
- Grapefruit
- Guava
- Lettuce
- Mushroom
- Okra
- Orange
- Passion Fruit
- Peanut
- Radish
- Snap Bean
- Squash
- Strawberry
- Sweet Corn
- Tangerine
- Tomato



www.HuddleUpForBreakfast.com



Florida Fruit and Vegetable Calendar

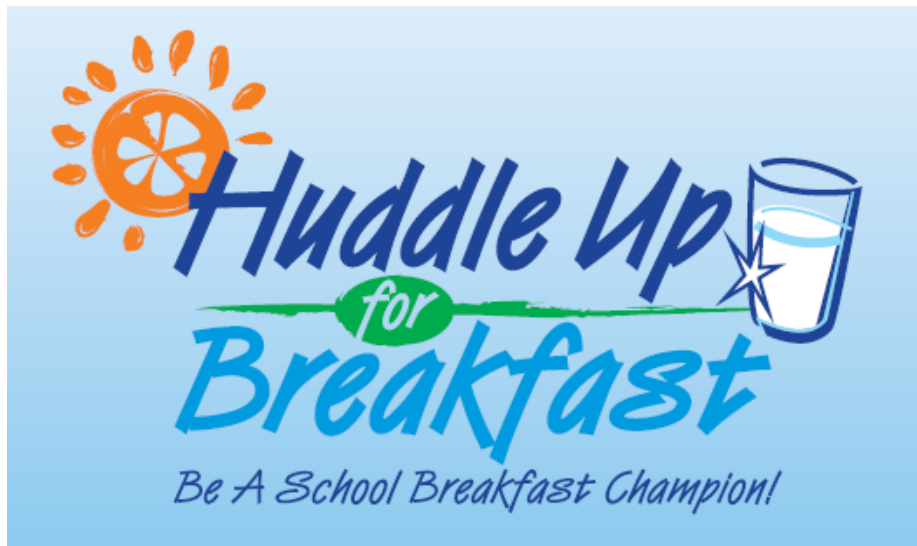
- Featured Farm to School products
- Other Florida Grown products

FEBRUARY		
• Bell Pepper	• Guava	• Potato
• Broccoli	• Lettuce	• Snap Bean
• Cabbage	• Mushroom	• Squash
• Carambola	• Okra	• Strawberry
• Cauliflower	• Orange	• Sweet Corn
• Celery	• Papaya	• Tangerine
• Eggplant	• Peanut	• Tomato
• Grapefruit	• Radish	
MARCH		
• Bell Pepper	• Guava	• Snap Bean
• Broccoli	• Lettuce	• Bean
• Cabbage	• Mushroom	• Spinach
• Carambola	• Okra	• Strawberry
• Cauliflower	• Orange	• Sweet Corn
• Celery	• Papaya	• Tangerine
• Cucumber	• Peanut	• Tomato
• Eggplant	• Potato	
	• Radish	
APRIL		
• Bell Pepper	• Grapefruit	• Snap Bean
• Broccoli	• Lettuce	• Bean
• Cabbage	• Guava	• Spinach
• Cantaloupe	• Mushroom	• Strawberry
• Carambola	• Okra	• Sweet Corn
• Carrot	• Orange	• Tangerine
• Cauliflower	• Peanut	• Tomato
• Celery	• Papaya	• Watermelon
• Cucumber	• Potato	
• Eggplant	• Radish	
MAY		
• Bell Pepper	• Eggplant	• Radish
• Blueberry	• Grapefruit	• Snap Bean
• Cabbage	• Guava	• Squash
• Cantaloupe	• Mushroom	• Sweet Corn
• Carrot	• Okra	• Tangerine
• Celery	• Orange	• Tomato
• Cucumber	• Potato	• Watermelon
JUNE		
• Avocado	• Mushroom	• Sweet Corn
• Cantaloupe	• Okra	• Tomato
• Eggplant	• Orange	• Watermelon
• Guava	• Potato	
JULY		
• Avocado	• Okra	
• Carambola	• Watermelon	
• Guava		
• Mushroom		



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**Colaborative effort from The Dairy Council of Florida and
The Florida Department of Agriculture and Consumer
Services, Division of Food, Nutrition and Wellness.**

2024-2025 School Year

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