





Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name: Breakfast for Lunch Bento

Category: Meal

Portion Size(s): 1 each

Meal Components (as planned): 2 oz eq M/MA, 2 oz eq grain, 1 cup vegetable (starchy),
1 cup fruit, 1 cup milk

| Ingredients: | 1 Portion | |
|---|-----------|----------|
| | Weight | Measure |
| Turkey bacon, sliced, Butterball | 1.44 oz | 3 slices |
| Egg, large, boiled, halved | | 1/2 each |
| Whole grain-rich toast (1 oz eq each slice) | | 2 slices |
| Potato rounds | | 1 cup |
| Pears, drained, canned | | 1 cup |
| White milk, 1% | | 1 cup |
| Jam, optional (not included in NA) | | 2 tsp |

Directions:

1. Place all items in a bag, container, or box.

HCCP: Serve at 140°F.

USDA Regulation Helpful Hint:**Offer versus Serve:**

- Students must select 3 of the 5 planned components
 - One of the choices must be at least a ½ cup serving of the fruits or vegetables component
- If only three components are selected, and two of these are fruit and vegetable, the student may only select the ½ cup portion for the fruit OR vegetable.

Nutrients Per One Serving:

| | | | | | | | | | | | |
|---------------|-----|------|--------------|-----|----|---------------------|-----|----|-----------|---|----|
| Calories | 593 | kcal | Total Fat | 18 | g | Total Dietary Fiber | 11 | g | Vitamin C | 2 | mg |
| Saturated Fat | 5 | g | Trans Fat | 0 | g | Protein | 24 | g | Iron | 0 | mg |
| Sodium | 754 | mg | Cholesterol | 135 | mg | Vitamin A | 245 | IU | | | |
| Sugars | 43 | g | Carbohydrate | 89 | g | Calcium | 318 | mg | | | |

Components Per One Serving:

| | | | | |
|---------------|-----------|--------------|----------|----------|
| Meat/Meat ALT | Grain | Vegetable(s) | Fruit | Milk |
| 2 oz. eq. | 2 oz. eq. | 1 cups(s) | 1 cup(s) | 1 cup(s) |

Vegetable Subgroups:

| | | | | |
|------------|------------|-----------|----------|----------|
| Dark Green | Red/Orange | Legumes | Starchy | Other |
| 0 cups(s) | 0 cups(s) | 0 cups(s) | 1 cup(s) | 0 cup(s) |