



BREAKFAST CALZONE

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	45 minutes
Cook Time:	15 minutes
Total Time:	1 hour
K-12 Portion Size:	1/2 calzone

Meal Pattern Contribution: 1.25 oz eq WGR grain, 1 oz eq m/ma

INGREDIENTS	80 Servings		160 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pizza dough, whole grain rich, 6", oven-rising		40 each		80 each	1. Day before service , thaw scrambled eggs.
Pan release					2. Preheat convection oven to 325° F.
Eggs, scrambled, pre-cooked	2.5 lb		5 lb		3. Remove dough from case and place on lined sheet pans sprayed with pan release. Keep dough covered with pan sprayed or plastic wrap throughout assembly process to prevent drying.
Cheese, cheddar, low-fat, shredded	2.5 lb		5 lb		4. Combine eggs, cheese, and bacon bits in a bowl, pan, or container.
Bacon bits, turkey, pre-cooked		1/4 c + 2 Tbsp		3/4 c	5. Using a #12 disher, place a scoop in the center of each dough circle.
					6. Fold the edges over filling forming a half circle and crimp edges to seal.
					7. Place on lined sheet pans and spray calzones with pan release spray.
					8. Bake for 12-15 minutes or until crust is light golden brown.
					CCP: Heat to 135° F or higher for at least 15 seconds.
					CCP: No bare hand contact with ready to eat food.
					9. Allow to cool slightly and then cut in half. Serve 1/2 a calzone to each student.
					CCP: Hold and serve at 135° F or higher.

BREAKFAST CALZONE

NUTRITION INFORMATION

Serving Size 1/2 calzone

NUTRIENTS AMOUNT

Calories 255

Total Fat 7 g

Saturated Fat 4.5 g

Cholesterol 60 mg

Sodium 530 mg

Total Carbohydrate 34 g

Dietary Fiber 4 g

Total Sugars 3 g

Added Sugars 3 g

Protein 13 g

Vitamin D 0.6 mcg

Calcium 30 mg

Iron 1.9 mg

Potassium 250 mg

N/A=data not available.

ALLERGENS: Eggs, Milk, Wheat, Soy, Sesame

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for 80 Servings 160 Servings

N/A

NOTES

Crediting will depend on brand of products.

Calzones can also be assembled the day before service and then baked in the morning.

YIELD/VOLUME

80 Servings

Weight of Egg/Cheese: 5 lb 3.375 oz

Volume of Egg/Cheese: 3 qt + 1 c

160 Servings

Weight of Egg/Cheese: 10 lb 6.75 oz

Volume of Egg/Cheese: 1 gal + 2 qt + 1 pint

