

POTATOES  
RAISE  
THE BAR

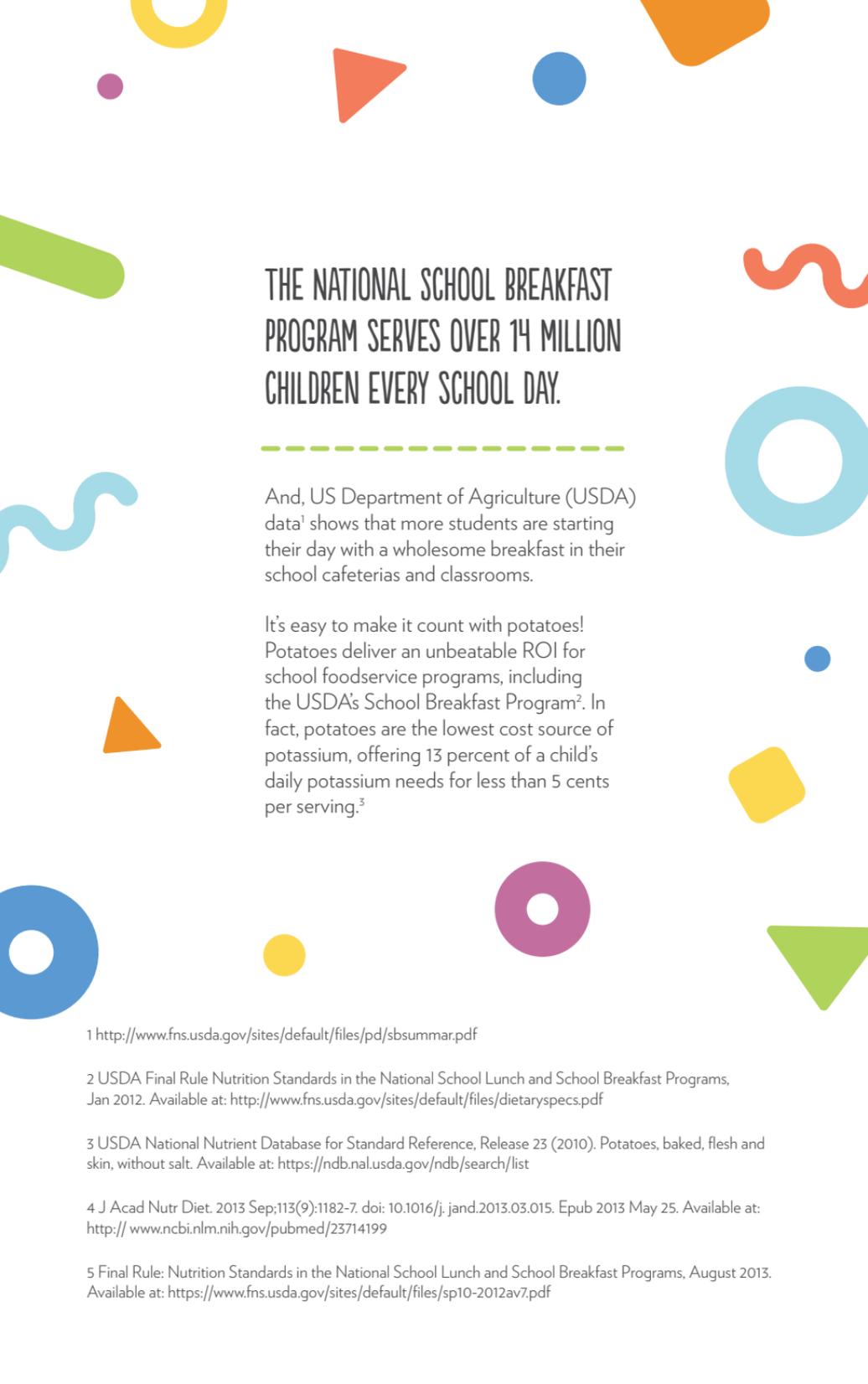
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AT BREAKFAST!

BROUGHT TO YOU BY:

Potatoes<sup>®</sup>  
USA



## THE NATIONAL SCHOOL BREAKFAST PROGRAM SERVES OVER 14 MILLION CHILDREN EVERY SCHOOL DAY.

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And, US Department of Agriculture (USDA) data<sup>1</sup> shows that more students are starting their day with a wholesome breakfast in their school cafeterias and classrooms.

It's easy to make it count with potatoes! Potatoes deliver an unbeatable ROI for school foodservice programs, including the USDA's School Breakfast Program<sup>2</sup>. In fact, potatoes are the lowest cost source of potassium, offering 13 percent of a child's daily potassium needs for less than 5 cents per serving.<sup>3</sup>

1 <http://www.fns.usda.gov/sites/default/files/pd/sbsummar.pdf>

2 USDA Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs, Jan 2012. Available at: <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>

3 USDA National Nutrient Database for Standard Reference, Release 23 (2010). Potatoes, baked, flesh and skin, without salt. Available at: <https://ndb.nal.usda.gov/ndb/search/list>

4 J Acad Nutr Diet. 2013 Sep;113(9):1182-7. doi: 10.1016/j.jand.2013.03.015. Epub 2013 May 25. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/23714199>

5 Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs, August 2013. Available at: <https://www.fns.usda.gov/sites/default/files/sp10-2012av7.pdf>

## HERE'S HOW TO INCORPORATE POTATOES INTO YOUR SCHOOL BREAKFAST MENU PLANNING:

- For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “other vegetables” subgroups.<sup>2</sup>
- A breakfast menu can include potatoes as an “extra” item that is not credited toward the meal pattern, but IS counted toward the calorie limits if the 1 cup of fruit requirement is met.<sup>5</sup>
- Including potatoes as a breakfast menu “extra” could potentially increase participation in school breakfast programs.<sup>1</sup>

## NEED MORE REASONS TO PUT POTATOES ON YOUR SCHOOL BREAKFAST MENU?

- **ROI:** Offering potatoes provides students with key nutrients at an affordable price. There are many varieties, forms and suppliers to support ease of use and operational efficiency.
- **Performance:** Potatoes provide the energy, carbohydrate and potassium that kids need to power their performance throughout the school day.
- **Nutrition:** Potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients – potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium.<sup>3</sup>

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No matter how you serve them, potatoes are a delicious, cost-effective school breakfast solution that kids love.

### TUBER TIP:

Let the kids enjoy breakfast all day long by featuring these recipes as “**breakfast for lunch!**” or “**breakfast for supper!**”



# ULTIMATE HASH BROWN BREAKFAST BURRITO

## MAKES 50 SERVINGS

Each serving provides 1.5 ounce equivalents grains, 1.75 ounces meat/meat alternate, 1/4 cup starchy vegetables.

Nutrition Information Per Serving: 280 calories, 12 g total fat, 3.9 g saturated fat, 174 mg cholesterol, 439 mg sodium, 29 g carbohydrates, 4 g fiber, 13 g protein



## INGREDIENTS

50 8-inch whole grain flour tortillas

25 frozen hash brown patties

5 pounds liquid whole eggs

11 ounces (1 1/4 cups) canned  
diced green chilies

1 teaspoon ground black pepper

1/2 teaspoon cayenne pepper

1/4 teaspoon garlic powder

12.5 ounces shredded cheddar cheese,  
reduced fat

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## PREPARATION



Wrap whole grain flour tortillas in plastic wrap or foil and place in a warmer to soften. Preheat the oven to 400°F.

Place frozen hash brown patties on a perforated sheet pan and hold in the freezer until just before baking. Use a speed rack to hold full pans of hash browns in the freezer.

Spray two 2-inch full-size steamtable pans with pan-release spray. In a large container, combine the liquid whole eggs, diced green chilies, ground black pepper, cayenne pepper and garlic powder. Whisk until well combined. Divide the egg mixture evenly between the two prepared pans. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 3-5 minutes (depending on the steamer). CCP: Heat to 145°F for 3 minutes.

Remove the cooked eggs and stir to break into curds. Hold in the warmer until ready to assemble the burritos. CCP: Hold hot at 135°F or above.

Bake the frozen hash brown patties in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. CCP: Heat to 135°F for 15 seconds. Cut the hash brown patties in half lengthwise.

### BURRITO ASSEMBLY:

Lay out softened whole grain flour tortillas on a sanitized work surface. Using a #16 scoop, place 1/4 cup of the egg and chilies mixture in the center of each tortilla. Place 1 tablespoon shredded cheddar cheese over the eggs. With a gloved hand place half of a hash brown patty on top of the eggs and cheese. Fold the bottom edge of the tortilla up and over the filling and pull back slightly to spread out the filling. Fold in the tortilla on each side, then roll the burrito over the top edge of the tortilla. Wrap each burrito in deli paper and hold hot in a warmer until ready to serve. CCP: Hold hot at 135°F or above.

# EGG AND POTATO BREAKFAST SANDWICH



## MAKES 32 SERVINGS

Each serving provides 2 ounce equivalents grain (depending on product),  
2 ounces meat/meat alternate, 1/4 cup starchy vegetables

Nutrition Information Per Serving: 307 calories, 9 g total fat, 3.5 g saturated fat, 168 mg cholesterol,  
427 mg sodium, 43 g carbohydrates, 5.5 g fiber, 17 g protein

## INGREDIENTS

3 pounds frozen diced potatoes, thawed

2 ounces (1/2 cup) red bell pepper, small dice

1 tablespoon onion powder

2 teaspoons ground paprika

1 teaspoon ground black pepper

1/2 teaspoon garlic powder

1/2 teaspoon cayenne pepper

3 pounds liquid whole eggs

32 whole grain rich English muffins

1 pound cheddar cheese, reduced fat, sliced

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## PREPARATION

Preheat the oven to 350°F.

Spray a 2-inch full-size steamtable pan with pan-release spray. Set aside.

In a large mixing bowl, combine the thawed diced potatoes and diced red bell peppers. In a small container, combine the onion powder, ground paprika, ground black pepper, garlic powder, and cayenne pepper. Sprinkle the spice mixture over the potatoes and stir to combine.

Pour the liquid eggs over the seasoned potatoes. Stir the potatoes and eggs and transfer the mixture into the prepared 2-inch full-size steamtable pan.

Place the pan into the preheated 350°F oven and bake for about 30-40 minutes, or until the eggs have set. CCP: Heat to 145°F for 3 minutes.

Remove the pans from the oven and let the egg dish rest in the warmer. CCP: Hold hot at 135°F or above. Cut each pan 4 x 8 into 32 squares.

To assemble the sandwiches, open each English muffin and place a square of the baked eggs and potatoes into each. Place 1 half-ounce slice of cheddar cheese on top of the eggs and potatoes, and replace the top of the English muffin over the cheese. Wrap each breakfast sandwich with deli paper and hold hot in the warmer until service. CCP: Hold hot at 135°F or above.

# BREAKFAST TOTCHOS TO-GO



## MAKES 32 SERVINGS

Each serving provides 1 ounce equivalent grains, 2 ounces meat/meat alternate, 1/2 cup starchy vegetables, 1/4 cup beans/peas

Nutrition Information Per Serving: 304 calories, 12 g total fat, 3 g saturated fat, 190 mg cholesterol, 459 mg sodium, 36 g carbohydrates, 5 g fiber, 13 g protein

# INGREDIENTS

5 pounds frozen potato tots/drums,  
reduced sodium

32 6-inch whole grain tortillas

3 pounds 8 ounces liquid whole eggs

1 teaspoon ground black pepper

1 #10 can whole pinto beans,  
low sodium, with liquid

2 teaspoons ground cumin

1/2 teaspoon cayenne pepper

1/2 teaspoon garlic powder

8 ounces shredded cheddar cheese,  
reduced fat

1 quart prepared tomato salsa

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# PREPARATION

Preheat the oven to 400°F. Place frozen tots on a perforated sheet pan and hold in the freezer until just before baking. Use a speed rack to hold full pans of tater tots in the freezer.

Wrap whole grain flour tortillas in plastic wrap or foil and place in a warmer to soften.

Spray a 2-inch full-size steamtable pan with pan-release spray. In a large container, combine the liquid whole eggs, milk and ground black pepper. Whisk until well combined. Pour the eggs into the prepared pan. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 3-5 minutes (depending on the steamer). CCP: Heat to 145°F for 3 minutes.

Remove the cooked eggs and stir to break into curds. Hold in the warmer until ready to assemble the burritos. CCP: Hold hot at 135°F or above.

Place the pinto beans with their liquid in a saucepan or a steam kettle. Stir in the ground cumin, cayenne pepper, and garlic powder. Bring the beans to a low boil, reduce to a simmer and cook, uncovered, until the bean liquid has thickened slightly, about 15 minutes. CCP: Heat to 135°F or above for 15 seconds. Transfer seasoned beans into a 4-inch half-size steamtable pan. Hold hot until service. CCP: Hold hot at 135°F or above.

Bake the frozen tots in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. CCP: Heat to 135°F for 15 seconds. Transfer tots into 2-inch full-size steamtable pans. Hold hot until service. CCP: Hold hot at 135°F or above.

## BOWL ASSEMBLY:

Set up the line with the serving containers, tortillas, tots, scrambled eggs, seasoned pinto beans, and cheese. In each serving container place: 1 8-inch tortilla to create the bowl and fill with 8 tots (1/2 cup), 1/4 cup scrambled eggs (#16 scoop), 1/4 cup seasoned pinto beans (2 ounce perforated spoodle), and top with 1 tablespoon shredded cheddar cheese. Offer 1-ounce portion cups of prepared tomato salsa on the side.

# CINNAMON POTATO BUNS



## MAKES 32 SERVINGS

Each serving provides 1 ounce equivalent grains

Nutrition Information Per Serving: 198 calories, 6.4 g total fat, 3.8 g saturated fat, 15 mg cholesterol, 196 mg sodium, 31 g carbohydrates, 2 g fiber, 4.5 g protein

# INGREDIENTS

## FOR POTATO ROLL DOUGH:

- 1 pound 6 ounces warm water
- 0.8 ounces (1 tablespoon 2 teaspoons) instant yeast
- 1.4 ounces (1/2 cup) nonfat dry milk powder
- 1 pound enriched bread flour
- 1 pound whole wheat flour
- 6 ounces (3/4 cup) unsalted butter or margarine, at room temperature
- 4 ounces instant potato flakes or granules
- 2 ounces granulated sugar
- 0.4 ounces (2 1/2 teaspoons) salt

## FOR CINNAMON COATING:

- 1/4 cup (2 ounces) unsalted butter or margarine, melted
- 2/3 cup (5 ounces) packed brown sugar
- 2 teaspoons ground cinnamon

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# PREPARATION

To make the potato roll dough place water, instant yeast, and nonfat dry milk powder in the bowl of a stand mixer. Add the bread flour, whole wheat flour, butter or margarine, potato flakes, sugar, and salt. Using the dough hook attachment, mix the dough on low speed until it comes together in a mass. Increase the speed to medium-low and continue to mix the dough (this kneads the dough) for another 3-5 minutes. Let the dough rest, covered, until doubled in size, about 1 to 2 hours.

Preheat the oven to 350°F. Spray a full-size 2-inch steamtable pan or a baking pan with pan-release spray. Set aside.

Place the melted butter or margarine in a medium mixing bowl. In a separate mixing bowl, combine the brown sugar and cinnamon and mix well.

Deflate the dough and divide into 32 2-ounce pieces. Roll each piece into a smooth ball. Working with 4 dough balls at a time, roll each dough ball in the melted butter and then in the brown sugar and cinnamon mixture. Place coated dough balls in the prepared baking pan spacing them about 1/2 inch apart. Repeat the process until all dough balls have been coated. Cover the pans and let the dough rise until almost doubled, about 45 minutes.

Bake in the preheated oven for 20-30 minutes, or until the tops of the buns become golden brown. Remove from the oven and cool slightly before serving.

# CHEESY POTATO BREAKFAST POCKETS



## MAKES 50 SERVINGS

Each serving provides 2 ounce equivalents grains, 1 ounce meat/meat alternate, 1/8 cup starchy vegetables.

Nutrition Information Per Serving: 239 calories, 7 g total fat, 2.8 g saturated fat, 23 mg cholesterol, 488 mg sodium, 32 g carbohydrates, 3 g fiber, 13 g protein

# INGREDIENTS

50 whole grain rich 2-ounce calzone doughs, thawed, proofed

6 1/4 cups prepared instant mashed potatoes

2 teaspoons onion powder

1 teaspoon ground black pepper

2 pounds 8 ounces deli sliced turkey ham

1 pound 9 ounces shredded cheddar cheese, reduced fat

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# PREPARATION

Place frozen calzone dough on parchment-lined sheet pans in a single layer and thaw in the refrigerator overnight.

Preheat the oven to 375°F.

Prepare instant mashed potatoes according to the manufacturer's instructions. Stir in the onion powder and ground black pepper.

Place 1 slice of turkey ham (about 0.8 ounces) in the center of each thawed calzone dough. Fold the ham slice if necessary to fit the dough. Use a #30 scoop to portion 2 tablespoons of the seasoned mashed potatoes onto the ham slices on the dough portions. Using a #30 scoop place 2 tablespoons (0.5 ounces) shredded cheddar cheese over each scoop of mashed potatoes. Now fold the bottom edge of the dough up and over the filling to meet the top edge. Seal the two dough edges together by folding the lower edge up and over the top edge and press with your fingers.

Cover the finished Cheesy Potato Breakfast Pockets with plastic wrap and let the dough proof until it is puffy, about 45 minutes.

Bake on parchment-lined sheet pans in the preheated 375°F oven for about 20-25 minutes, or until the dough is golden brown. CCP: Cook to a minimum internal temperature of 165°F. CCP: Hold hot at 135°F or above.

# DENVER OMELET BRUNCH BOWL



## MAKES 56 SERVINGS

Each serving provides 1/2 cup starchy vegetable, 1/4 cup other vegetables, 2 ounces equivalent meat/meat alternative

Nutrition Information Per Serving: 224 calories, 8 g total fat, 90 mg cholesterol, 321 mg sodium, 28 g carbohydrates, 3 g fiber, 12 g protein

## INGREDIENTS

10 lbs. potato wedges, frozen

2 lbs. 12 oz. red bell peppers, raw, diced

2 lbs. 12 oz. green bell peppers, raw, diced

2 lbs. 12 oz. yellow onion, raw, diced

2 Tablespoons vegetable oil

1 Tablespoon black pepper

1/2 teaspoon salt

3 lbs. 2 oz. eggs, liquid, scrambled

2 cups milk, lowfat 1%

2 lbs. 3 oz. ham, diced

1lb. 12 oz. shredded cheddar cheese, reduced fat

3 1/2 cups salsa, prepared

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## PREPARATION

Preheat oven to 375°F. Place frozen potato wedges on parchment-lined sheet pans in a single layer making sure not to crowd the pieces. Bake in the preheated oven 10–15 minutes, or until the potatoes are browned and tender. Internal temperature should reach at least 135°F. Remove from oven and hold at or above 135°F until service.

Combine the bell peppers, onions, vegetable oil, black pepper and salt. Mix until the vegetables are evenly coated with oil. Place vegetables in a single layer on parchment-lined sheet pans. Bake in the preheated oven for 5 minutes, or until the vegetables begin to soften. Remove from oven and hold at or above 135°F until service.

Combine the eggs and milk and mix thoroughly. Coat 2-inch full-size steamtable pans with pan-release spray. For 56 servings use 2 pans, for 112 servings use 4 pans. Divide the egg mixture evenly between the pans. Add the diced ham to the pans, dividing evenly between each pan. Bake in a preheated 350°F oven for about 15 minutes, stirring eggs once after about 10 minutes. Eggs should reach an internal temperature of 145°F for 3 minutes. Remove from oven and sprinkle the shredded cheese over the top, dividing evenly between each pan. Hold at or above 135°F until service.

To serve, place 1/2 cup potato wedges into a portion container. Using number 16 scoops, add 1/4 cup of the pepper and onion mixture and 1/3 cup of the scrambled eggs with ham and cheese. Serve with 1 tablespoon of salsa.



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