



## BREAKFAST CALZONE

<b>Recipe Project Name/Written By:</b>	To Taste
<b>Recipe Category:</b>	Breakfast, Grab n' Go, Quick Scratch
<b>Cooking Process:</b>	#2 Same Day Service
<b>Prep Time:</b>	45 minutes
<b>Cook Time:</b>	15 minutes
<b>Total Time:</b>	1 hour
<b>K-12 Portion Size:</b>	1/2 calzone
<b>Meal Pattern Contribution:</b>	
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	<ol style="list-style-type: none"> <li><b>Day before service</b>, thaw scrambled eggs.</li> <li>Preheat convection oven to 325° F.</li> <li>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.</li> <li>Combine eggs, cheese, and bacon bits in a bowl, pan, or container.</li> <li>Using a #12 disher, place a scoop in the center of each dough circle.</li> <li>Fold the edges over filling forming a half circle and crimp edges to seal.</li> <li>Place on lined sheet pans and spray calzones with pan release spray.</li> <li>Bake for 12-15 minutes or until crust is light golden brown.</li> </ol> <p><b>CCP: Heat to 135° F or higher for at least 15 seconds.</b></p> <p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>9. Allow to cool slightly and then cut in half. Serve 1/2 a calzone to each student.</p> <p><b>CCP: Hold and serve at 135° F or higher.</b></p>
Pan release					
Eggs, scrambled, pre-cooked	2.5 lb		5 lb		
Cheese, cheddar, low-fat, shredded	2.5 lb		5 lb		
Bacon bits, turkey, pre-cooked		1/4 c + 2 Tbsp		3/4 c	

## 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	160 Servings
Weight of Egg/Cheese: 5 lb 3.375 oz	Weight of Egg/Cheese: 10 lb 6.75 oz
Volume of Egg/Cheese: 3 qt + 1 c	Volume of Egg/Cheese: 1 gal + 2 qt + 1 pint

