

BREAKFAST FRIED RICE

Serve the student-favorite fried rice for breakfast with this flavorful offering. Combine leftover U.S.-grown rice with egg, pineapple, peas and carrots as well as your choice of breakfast meats.

1 – #5 SCOOP COOKED RICE PORTION PROVIDES:

1 oz. eq. whole grain, 1 ¼ oz. eq. meat/meat alternate, ¼ cup fruit, ¼ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-grown rice, brown, parboiled, dry	3 ¼ pounds	1. Combine rice and water into a steam table pan. Stir to combine. Cover tightly. OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes. STEAMER METHOD: Cook in a steamer for 25 to 30 minutes. CCP: Heat to 135 °F for at least 15 seconds. 2. Remove from the oven or steamer and let sit for 10 to 15 minutes. 3. Cool properly. CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours. OR, use 25 cups of cooked, cooled rice for 50 portions.
Ginger, ground	2 tablespoons	4. Combine ginger, garlic, soy sauce and sesame oil. Stir the sauce mixture until well combined.
Garlic, granulated	2 tablespoons	
Soy sauce, less sodium	10 ounces	
Oil, sesame	6 ounces	

Pineapple tidbits, canned (with liquid)	1 #10 can	5. Combine cooled rice, pineapple tidbits with liquid, thawed peas and carrots, turkey crumbles, and sauce mixture. Toss to combine and evenly distribute seasoning. 6. Spread on a parchment-lined sheet tray in a thin layer. 7. Bake in a 350 °F oven for 45 minutes. Rotate and mix every 15-20 minutes to prevent outer edges from burning. 8. Cook eggs in a steamer according to package directions. 9. Combine baked fried rice with scrambled eggs and green onions. 10. Hold hot for service. CCP: Heat to 165 °F for 15 seconds. CCP: Hold for hot service at 135 °F or higher.
Peas and carrots, frozen	2 pounds, 6 ounces	
Turkey sausage crumbles, cooked	1 ½ pounds	
Eggs, whole, frozen	3 pounds 2 ounces	
Green onions, cut on bias	1 ¾ pounds	

NUTRITION INFORMATION

1 serving = 1 #5 scoop

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	260	kcal	Total Carbohydrate	38	(g)
Total Fat	8	(g)	Dietary Fiber	3	(g)
Saturated Fat	1.5	(g)	Added Sugars	0	(g)
Cholesterol	90	(mg)	Vitamin D	1	(IU)
Sodium	470	(mg)	Calcium	32	(mg)
Protein	11	(g)	Iron	1	(mg)

NOTES

CCP: for leftover rice, cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.

YIELD/VOLUME

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)






Recipe Name: Breakfast Fried Rice - USA Rice

Servings per Recipe: 50

Recipe Number:

Serving Size: 3/4 cup

Meal Pattern Contribution

	Vegetables ¹	Additional Vegetables	$\frac{1}{8}$ cup
	Vegetables	Other Vegetables	$\frac{1}{8}$ cup
	Fruit ³		$\frac{1}{4}$ cup
	Meats/Meat Alternates		1.25 oz eq
	Grains (Method B)		1.00 oz eq

3/4 cup provides $\frac{1}{4}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup other vegetable), $\frac{1}{4}$ cup fruit, 1.25 oz eq meat/meat alternate, 1.00 oz eq grains

Please note that:

¹ **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

³ **For School Meals and CACFP:** If the recipe contains dried fruits, those ingredients credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).

NOTE: Total creditable amount cannot exceed the serving size of the product.

Additional Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Peas and Carrots, frozen	Pound	10.90	1/4 cup cooked, drained vegetable		2.3750	0.0000	2.3750

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Onions, green, fresh, <i>Whole</i>	Pound	15.00	1/4 cup raw vegetable, with tops	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops	1.6700	0.0000	1.6700

Fruit

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Pineapple, canned, <i>Tidbits, Packed in juice or light syrup</i>	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	1 No. 10 can = about 12 cups pineapple and liquid	1.0000	0.0000	1.0000

Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Eggs, Frozen Whole Eggs, <i>Pasteurized, Includes USDA Foods</i>	Pound	9.00	1 large egg provides 2 oz meat alternate	1 lb frozen = about 1-7/8 cups (9 large eggs)	3.1250	0.0000	3.1250
Pork Sausage, fresh or frozen, <i>Bulk, Link, or Patty, Market Style, Raw</i>	Pound	7.52	1 oz cooked lean meat	1 lb AP = 0.47 lb cooked lean meat	1.5000	0.0000	1.5000

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H) , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500