

Scrambled Eggs

Portion Size: 3 oz.

Cooking time: 10 min.

Prep time: 5 min.

Cooking temp: low-medium

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Eggs	15 lbs. liquid eggs Or 10 dozen eggs	20 lbs. liquid eggs or 12.5 dozen eggs	22 ½ lbs. liquid eggs (360 oz.) Or 16 dozen eggs

Directions:

1. Warm up pan or flat grill on low-medium heat with oil.
2. Pour in eggs and scramble until cooked.

French Toast

Portion Size: 2 pieces

Cooking time: 3 min. per side

Prep time: 10 min.

Cooking temp: medium

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Bread	200 pieces	250 pieces	300 pieces
Eggs	12 lbs. (liquid)	15 lbs. (liquid)	22.5 lbs. (liquid)
Milk	1 ½ gallons	2 gallons	2.25 gallons
Cinnamon	¼ c.	1/3 c.	½ c.

Directions:

1. Whisk eggs, milk, and cinnamon together.
2. Warm up flat grill and spray with pam or add oil.
3. Dip bread in egg mixture and cook on both sides on grill.

Breakfast Burritos

Portion Size: 1 each

Cooking time: 10 min.

Prep time: 10-15 min.

Cooking temp: low-medium

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Flour Tortillas	100	125	150
Eggs	15 lbs. (liquid)	19 lbs.	22.5 lbs.
Sausage	25 lbs.	30 lbs.	37.5 lbs.
Shredded Cheese	6 ¼ lbs.	8 lbs.	9 lbs.

Directions:

1. Warm up flour tortillas in oven.
2. Scramble eggs in a pan over low-medium heat.
3. Heat sausage over skillet.
4. Place eggs, sausage, and cheese in a flour tortilla.

Chicken Salad

Portion Size: 3 oz.

Cooking time: N/A

Prep time: 10-15 min.

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Chicken, cooked	8 lbs.	10 lbs.	12 lbs.
Celery	2 lbs.	2.5 lbs.	3 lbs.
Mayo	3 cups	3 ¾ cups	4 ½ cups
Salt	2 Tbsp.	2 ½ Tbsp.	3 Tbsp.
Pepper	¾ tsp.	1 tsp.	1 ¼ tsp.

Directions:

1. Dice chicken and place in bowl.
2. Cut celery and add to chicken
3. Add the mayonnaise.
4. Season to taste with salt and pepper.
5. Refrigerate until cool to service at proper temperature.

Egg Salad

Portion size: 3 oz.

Cooking time: N/A

Prep time: 10-15 min.

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Eggs	4 dozen	5 dozen	6 dozen
Mayonnaise	1 quart	1 ¼ quart	1 ½ quart
Mustard	2 tsp.	2 ½ tsp.	3 tsp.
Celery	2 lbs.	2 ½ lbs.	3 lbs.

Directions:

1. Hard boil eggs then cool in ice water.
2. Peel and chop eggs.
3. Chop celery and add to eggs.
4. Add mayonnaise and mustard then mix.
5. Refrigerate.

Pizza

Portion Size: 2 slices

Cooking time: 10-15 minutes

Prep time: 30 minutes

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Sheets	8 sheets	10 sheets	12 sheets
Pizza sauce	1 can	2 cans	2 cans
Mozzarella	1 bag	2 bags	2 bags
Pepperoni	2 lbs.	2 ½ lbs.	3 lbs.

Directions:

1. Prepare pizza.
2. Cook in oven for 10-15 minutes.

Beef Fajitas

Portion size: 1-2 fajitas

Cooking time: 10 min.

Prep time: 10 min.

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Flank steak	10 lbs.	12 lbs.	14 lbs.
Olive oil	25 Tbsp.	31 ¼ Tbsp.	37 ½ Tbsp.
Lime juice	12 ½ Tbsp.	15 5/8 Tbsp.	18 ¾ Tbsp.
Garlic, minced	12 ½ cloves	15 5/8 cloves	18 ¾ cloves
Chili powder	6 ¼ tsp.	7 7/8 tsp.	9 3/8 tsp.
Cumin	6 ¼ tsp.	7 7/8 tsp.	9 3/8 tsp.
Salt and pepper	6 ¼ tsp.	7 7/8 tsp.	9 3/8 tsp.
Flour tortillas	100	125	150
Onion	25 each	30 each	30 each
Peppers (red, green, yellow)	25 each	30 each	30 each

Toppings:

Salsa

Sour cream

Tomato

Shredded cheese

Directions:

1. Slice steak into thin strips.
2. Mix together olive oil, lime juice, and spices in a bowl.
3. Coat beef strips with olive oil mixture.
4. Heat tortillas in oven.
5. Cut onions and peppers into strips.
6. Heat olive oil in a pan over low-medium heat.
7. Sauté onions and peppers.
8. Add beef and cook until done.

Spaghetti

Portion size: 8 oz. (1 cup)

Cooking time: 30 min.

Prep time: 30 min.

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Spaghetti	5 lbs.	6 ¼ lbs.	7 ½ lbs.
Sauce	24 lbs. (4 cans)	30 lbs. (4 ½-5 cans)	36 lbs.
Meatballs	20 lbs.	25 lbs.	30 lbs.

Directions:

1. Cook the spaghetti as directed. Rinse and drain.
2. Heat sauce over low heat.
3. Meanwhile, bake the meatballs in the oven at 350°F until warm.

Italian Chicken Breast

Portion size: 1 breast

Cooking time: 30 minutes

Prep time: 1 hour

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Chicken breast	100 breasts or 50 cut in half	125 breasts	150 breasts
Italian dressing	1 gallon	1 ¼ gallon	1 ½ gallon

Directions:

1. Defrost chicken overnight in refrigerator.
2. Heat oven to 350°F.
3. Cut and thin chicken breasts.
4. Place chicken breasts in pan or baking dish and cover with Italian dressing.
5. Cook for 30 minutes or until internal temperature reaches 165°F.

Meatloaf

Portion size: 1 (4 oz.) slice

Cooking time: 1 hour

Prep time: 30 min.

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Ground beef	20 lbs.	25 lbs.	30 lbs.
Milk	16 c. (1 gal.)	20 c. (1 gal. + 4 c.)	24 c. (1 ½ gal.)
Dried sage	1/3 c.	almost ½ c.	½ c.
Salt	8 tsp. (2 Tbsp. + 2 tsp.)	10 tsp. (2 Tbsp. + 4 tsp.)	¼ c.
Mustard	1/3 c.	almost ½ c.	½ c.
Pepper	4 tsp.	5 tsp.	6 tsp.
Garlic powder	2 tsp.	2 ½ tsp.	3 tsp.
Egg	24 eggs	30 eggs	36 eggs
Bread crumbs	10 c.	12 ½ c.	15 c.
Onion	4 c.	5 c.	6 c.
Ketchup	8 c. (64 oz.)	10 c. (80 oz.)	12 c. (96 oz.)

Directions:

1. Mix together in a bowl.
2. Spread meat in a pan.
3. Cover with ketchup and mustard.
4. Bake for 1 hour or until reaches internal temperature of 160°F.

Macaroni and Cheese

Portion size:

Cooking time:

Prep time:

Cooking temp:

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Elbows	6 lbs.	7 ½ lbs.	9 lbs.
Cheddar Cheese, shredded	8 lbs.	10 lbs.	12 lbs.
Milk	2 gallons	2 ½ gallons	3 gallons
Flour	3 c.	3 ¾ c.	4 ½ c.
Butter	¾ lbs.	1 lb.	1 1/3 lbs.

Directions:

1. Boil pasta as directed.
2. Melt butter in a pot. Gradually add the flour and cook for about 5 minutes.
3. In another pot, heat milk. When milk simmers, remove from heat and stir in roux until thickened.
4. Stir in the cheese.
5. Drain elbows.
6. Add cheese sauce to elbows.

Broccoli, Rice, and Cheese Casserole

Portion size: 8 oz. (1 cup)

Cooking time: 45 min.-1 hour

Prep time: 30 minutes

Cooking temp: 325°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Olive oil	1 cup	1 ¼ c.	1 ½ c.
Rice	8.5 lbs.	10 ½ lbs.	12 ¾ lbs.
Onion	1 lb.	1 ¼ lb.	1 ½ c.
Broccoli	12.5 lbs.	15 ½ lbs.	18 ¾ lbs.
Mushroom soup	10 – 15 oz. cans or 150 oz.	12.5 cans	15 cans
Shredded cheddar cheese	8.5 lbs.	10 ½ lbs.	12 ¾ lbs.
Salt	to taste	to taste	to taste
Pepper	to taste	to taste	to taste
Water	20 c.	25 c.	37 ½ c.

Directions:

1. Cook broccoli and rice according to package directions.
2. Pre-heat oven.
3. In a pot over low heat, mix soup with water. Gradually stir in cheese until melted.
4. Cut up onion and add to mixture.
5. Combine broccoli, rice, and cheese mixture.
6. Pour into pans or baking dishes.
7. Bake in oven for 45 minutes.

Bean Burritos

Portion size: 1 burrito

Cooking time: 10 min. / 1 hr.

Prep time: 30 min.

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Refried beans or black beans	1 can (280 oz.)	350 oz.	420 oz.
chili powder	20 tsp.	25 tsp.	30 tsp.
ground cumin	10 tsp.	12 ½ tsp.	15 tsp.
dried oregano	10 tsp.	12 ½ tsp.	15 tsp.
garlic powder	60-100 dashes	75-125 dashes	90-150 dashes
rice, cooked	20 c.	25 c.	30 c.
cheddar cheese, shredded	160 oz.	200 oz.	240 oz.
flour tortillas	20 packages	25 packages	30 packages

Toppings:

Tomato, chopped

Lettuce, shredded

Sour cream

Salsa

Directions:

1. Heat beans on low-medium heat on stove. Add chili powder, cumin, oregano, and garlic powder.
2. Meanwhile, cook rice on stove as directed.
3. Place beans and rice in tortillas. Place tortillas in a baking dish and bake in 350°F oven for 10-15 minutes.

Eggplant Parmesan

Portion size: 6 slices

Cooking time: 35 min.

Prep time: 25 min.

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Eggplant, peeled and thinly sliced	30 each	37 ½ each	45 each
Eggs, beaten	20 each	25 each	30 each
Bread Crumbs	40 c. (320 oz.)	50 c.	60 c.
Spaghetti sauce	60 c. (480 oz.)	75 c.	90 c.
Mozzarella cheese, shredded	10 (16 oz.) packages	12 ½ (16 oz.) packages	15 (16 oz.) packages
Parmesan cheese, grated	5 c.	6 ¼ c.	7 ½ c.
Dried basil	1 Tbsp. + 2 tsp.	2 Tbsp. + ¼ tsp.	2 Tbsp. + 1 ½ tsp.

Directions:

Fresh eggplant:

1. Preheat oven to 350°F.
2. Dip eggplant in egg then bread crumbs. Place in a single layer in a baking sheet and bake for 5 minutes on each side.
3. In a hotel pan or baking dish, pour spaghetti sauce on bottom. Place a layer of eggplant in pan. Sprinkle with cheeses.
4. Repeat.
5. Sprinkle top with basil.
6. Bake in a preheated oven for 35 minutes or until golden brown.

Breaded Eggplant (Frozen):

*follow directions as above except skip step 2

Macaroni Salad

Portion Size: 4 oz.

Cooking time: N/A

Prep time: 30 min

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
elbows	3 lbs.	3 ¾ lbs.	4 ½ lbs.
celery	3 lbs.	3 ¾ lbs.	4 ½ lbs.
mayonnaise	4 c.	5 lbs.	6 lbs.
carrots	3 lbs.	3 ¾ lbs.	4.5 lbs.
vinegar	1 c.	1 ¼ c.	2 ¼ c.

Directions:

1. Boil elbows as directed on package. Drain and cool.
2. Mix mayonnaise, celery, carrots, and vinegar together with the elbows.
3. Refrigerate until serve.

Pasta Salad

Portion Size: 4 oz.

Cooking time: N/A

Prep time: 30 min

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Rotini	3 lbs.	3 ¾ lbs.	4 ½ lbs.
Cheese	2 lbs.	2 ½ lbs.	3 lbs.
Carrots	3 lbs.	3 ¾ lbs.	4 ½ lbs.
Tomatoes	3 lbs.	3 ¾ lbs.	4 ½ lbs.
Celery	3 lbs.	3 ¾ lbs.	4 ½ lbs.
Italian dressing	2 quarts	2 ½ quarts	3 quarts

Directions:

1. Cook pasta as directed. Then cool.
2. When cool, mix all ingredients together in a bowl.

Zesty Quinoa Salad

Portion Size: 4 oz.

Cooking time: 15-20 min.

Prep time: 20 min

Cooking temp: boil/simmer

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Quinoa, uncooked	17 c.	21 c.	25 c.
Water	268 oz. (33.5 c.)	333 oz. (42 c.)	400 oz. (50 c.)
Olive oil	4 c.	5 c.	6 ¼ c.
Lime juice	8 c.	10 c.	12 ½ c.
Ground cumin	¾ c.	1 c.	1 c.
Red pepper flakes	3 Tbsp.	3 ½ Tbsp.	4 Tbsp.
Cherry tomatoes, halved	25 c.	30 c.	37 ½ c.
Black beans, drained and rinsed	250.5 oz. (13 – 1 lb. cans)	312 oz. (16 – 1 lb. cans)	375 oz. (19 – 1 lb. cans)
Green onions, finely chopped	8 bunches	9 bunches	10 bunches
Fresh Cilantro, chopped	4 c.	5 c.	6 ¼ c.
Salt and pepper	to taste	to taste	to taste

Directions:

1. Prepare quinoa as directed. Simmer for 15-20 minutes then set aside to cool.
2. Whisk olive oil, lime juice, cumin, red pepper flakes, salt, and pepper in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl.
4. Toss olive oil mixture over quinoa mixture then add cilantro.
5. Chill until serving.

Three Bean Salad

Portion Size: 5 oz.

Cooking time: N/A

Prep time: 10 min.

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Cannellini beans, rinsed and drained	12 lbs. (12 cans)	14 lbs. (14 cans)	18 lbs. (18 cans)
Kidney beans, rinsed and drained	12 lbs. (12 cans)	14 lbs. (14 cans)	18 lbs. (18 cans)
Garbanzo beans, rinsed and drained	12 lbs. (12 cans)	14 lbs. (14 cans)	18 lbs. (18 cans)
Celery, chopped	25 stalks	30 stalks	35 stalks
Red onion, chopped	6 each	8 each	9 each
Parsley, finely chopped	12 ½ c.	16 c.	19 c.
Rosemary, finely chopped	¾ c.	1 c.	1 ¼ c.
Apple cider vinegar	4 c.	5 c.	6 ¼ c.
Sugar	4 c.	5 c.	6 ¼ c.
Olive oil	3 c.	4 c.	5 c.
Salt and pepper	to taste	to taste	to taste

Directions:

1. Mix beans, celery, onion, parsley, and rosemary in a bowl.
2. Whisk the vinegar, sugar, olive oil, and salt and pepper in another bowl.
3. Add the dressing to the beans and chill.

Smore Bars

Portion Size: 1 bar

Cooking time: 20-25 min.

Prep time: 20 min.

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Butter, melted	8 c.	10 c.	12 c.
Sugar	12 c.	15 c.	18 c.
Eggs	8 eggs	10 eggs	12 eggs
Vanilla	10 tsp.	12 ½ tsp.	15 tsp.
Graham crackers, Crushed	12-16 packs	15-20 packs	18-24 packs
Flour	8 c.	10 c.	12 c.
Chocolate bars	36 bars	45 bars	54 bars
Marshmallows	8 c.	10 c.	12 c.

Directions:

1. Spray/grease bottom of pans.
2. Preheat oven to 350°F.
3. Crush graham crackers and place in bowl.
4. Add melted butter, sugar, eggs, and vanilla to graham cracker crumbs.
5. Place about ¾ of graham crackers on bottom of pan.
6. Layer with chocolate bars.
7. Place a layer of marshmallows on top of chocolate.
8. Sprinkle left over graham cracker crumbs on top.
9. Bake in oven for 20-25 min.
10. Cool.
11. Cut and serve.

Notes: 1 hotel pan = 24 bars

(100 – 4 pans, 125 – 5 pans, 150 – 6 pans)

Chocolate Pudding

Portion Size: 1 - #16 scoop

Cooking time: N/A

Prep time: 30 min.

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Chocolate pudding	4 cans	5 cans	6 cans
Graham crackers, crushed	4 packages	5 packages	6 packages
Whip cream	25 oz.	30 oz.	37 ½ oz.

Directions:

1. Open pudding cans.
2. Scoop pudding into individual small bowls.
3. Crush graham crackers and sprinkle on top of pudding.
4. Place a small scoop of whip cream on each pudding.

Fruit and Yogurt Parfait

Portion Size: 1 cup

Cooking time: N/A

Prep time: 30 min.-1 hour

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Vanilla yogurt	75 c. (37.5 lbs.)	93 ¾ c. (47 lbs.)	112 ½ c. (56 lbs.)
Frozen strawberries	25 c. (12.5 lbs.)	31 ¼ c. (34 lbs.)	37 ½ c. (40 lbs.)
Frozen Blueberries	25 c. (12.5 lbs.)	31 ¼ c. (34 lbs.)	37 ½ c. (40 lbs.)
Granola	25 c. (12.5 lbs.)	31 ¼ c. (34 lbs.)	37 ½ c. (40 lbs.)

Directions:

1. Layer yogurt, berries, and granola in a bowl or cup.
2. Place granola in middle and on top.

Chocolate Chip Cookies

Portion Size: 1 cookie

Cooking time: 9-11 min.

Prep time: 1 hour

Cooking temp: 350°F

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Flour	5 c.	6 ¼ c.	7 ½ c.
Baking soda	2 tsp.	2 ½ tsp.	3 tsp.
Butter	1 ½ c.	2 c.	2 ¼ c.
Sugar	1 c.	1 ¼ c.	1 ½ c.
Brown sugar	1 c.	1 ¼ c.	1 ½ c.
Vanilla	1 Tbsp.	1 ¼ Tbsp.	1 ½ Tbsp.
Eggs	4 each	5 eggs	6 eggs
Chocolate chips	2 lbs.	2 ½ lbs.	3 lbs.

Directions:

1. Preheat oven to 350°F. Spray or grease sheet tray.
2. Cream sugar, brown sugar, butter, vanilla, and eggs together.
3. In a separate bowl, mix flour and baking soda.
4. Add flour mixture to butter mixture and mix.
5. Fold in chocolate chips.
6. Scoop (#30) onto greased sheet tray 2 in. apart.
7. Bake in preheated oven for 9-11 minutes.

Notes: 1 sheet tray = 24 cookies

Rice Crispy Treats

Portion Size: 1 bar

Cooking time: N/A

Prep time: 1 hour

Cooking temp: N/A

<u>Ingredient</u>	<u>Quantity: 100</u>	<u>Quantity: 125</u>	<u>Quantity: 150</u>
Butter	2 lbs.	2 ½ lbs.	3 lbs.
Marshmallows	8 lbs.	10 lbs.	12 lbs.
Vanilla	2 Tbsp.	2 ½ Tbsp.	3 Tbsp.
Rice Crispy Cereal	5 lbs.	6 ¼ lbs.	7 ½ lbs.

Directions:

1. Place butter in a pot on the stove top and melt.
2. Add the marshmallows and stir until all are melted.
3. Mix in the vanilla.
4. Take pot off of heat and add rice crispy treats.
5. Spray/grease pans. Spread mixture into pans, press evenly and firmly.
6. Cut into bars when cool.