

Scrambled Eggs - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Scramble things up in the morning with eggs! This satisfying combination of eggs, margarine (low-fat and trans fat-free) and skim milk come together to create a delightfully light and nutritious way to start the day.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen whole eggs, thawed	3 lb	1 qt 1 1/2 cups 2 Tbsp	6 lb	2 qt 3 1/4 cups
Nonfat milk		2 cups		1 qt
Salt		3/4 tsp		1 1/2 tsp
Margarine, trans fat-free		2 1/2 Tbsp	2 1/2 oz	1/3 cup
Dried parsley		1 1/2 tsp		1 Tbsp

Directions

1. Beat eggs thoroughly.
2. Add milk and salt. Stir well.
3. Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. Pour 1 qt 3 1/2 cups 2 Tbsp egg mixture into each pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Bake: Conventional oven: 350 °F for 20 minutes. Stir once after 15 minutes. Convection oven: 300 °F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT OVERCOOK.
5. Critical Control Point: Heat to 165 °F for 15 seconds.
6. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
7. Add 2 1/2 Tbsp margarine to each pan. Stir well.
8. Garnish with parsley.
9. Critical Control Point: Hold for hot service at 140 °F or higher.
10. For best results, serve within 15 minutes.
11. If desired serve with 1/4 cup pico de gallo (see G-15).
12. Portion with No. 16 scoop (1/4 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate.

CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz meat/meat alternate.

My Notes

Nutrition Information

Nutrients	Amount
Calories	97
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	203 mg
Sodium	158 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	54 IU
Calcium	59 mg
Iron	1 mg
Potassium	105 mg
N/A - data is not available	

Meal Components

Meat / Meat 2 ounces
Alternate

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)