

Crave & Rave

Featured in *School Nutrition* (March 2020)

Restaurant-Worthy School Breakfast Items on the Menu

50 SERVINGS



EGG & CHEESE BREAKFAST BURRITO

INGREDIENTS

6 lbs. + 8 ozs.	Egg-Stravaganza, frozen
5 lbs.	Tater tots
50	Whole-wheat tortillas
2 lbs.	Cheddar cheese, shredded, low-fat
As needed	Pan-release spray



1. Preheat the oven to 325° F. Spray a 400° F hotel pan with non-stick spray. Place frozen egg mixture in pan. Cover tightly with foil and bake for 20 to 25 minutes or until internal temp is 145° F. Remove from oven and set aside after baking.
2. While the eggs are baking, place the tater tots on a lined sheet pan. Bake in a convection oven for 10 to 12 minutes at 400° F or until internal temperature is 140° F and the tots are crispy.
3. Once baked, use a potato masher or large spoon to break up the tots into loose pieces. Do not smash into bits.
4. Now it's time to prepare the burritos. Lay one tortilla on a flat surface. Fill each tortilla with 2 ozs. of the egg mixture, 1 oz. of shredded cheese and 3 ozs. of the crushed tater tots. The filling should be slightly to one side.
5. Fold the short end (the side the egg and other fillings are on), covering the fillings and slightly covering the opposite side. Fold the bottom of the filled tortilla up towards the top. It will be slightly over-lapping the folded side. Roll the first side you folded over, keeping the bottom tucked in, and continue rolling it until it is closed. Keep it nice and snug to prevent opening.

San Luis Coastal Unified School District, California