

English Muffin With Sausage - CACFP

General Information

Recipe #	Category	Source
2031679	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Breakfast Sausage Patty	25 Patty	
English muffins, whole grain white	25 muffin 1 serving	
Cheese, cheddar, nonfat or fat free	1 lbs., 9 oz.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- Place sausage on a lined sheet tray or 18x13 inch tray and cook in a 350 degree F oven for 15 minutes until the internal temperature reaches 165 degrees F.
- Place separated english muffins on a lined sheet tray, or 18x13 inch tray and toast in the oven for 5-7 minutes.
- To assemble, place one sausage patty and one slice of cheese on each english muffin. Serve hot.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.



English Muffin With Sausage - CACFP

Serving Size	Yield
1 Each	25.00

Nutrition Facts

Serving Size 1 Each (125 gm)

Amount Per Serving	
Calories	254.038
% Daily Value*	
Total Fat	6.998 gm 10.767%
Saturated Fat	2.002 gm 10.008%
Trans Fat	0.000 gm
Cholesterol	35.108 mg 11.703%
Sodium	663.409 mg 27.642%
Total Carbohydrate	30.720 gm 10.24%
Dietary Fiber	1.995 gm 7.98%
Total Sugars	1.096 gm
Includes 0.000 * gm of Added Sugars	
Protein	19.114 gm 38.228%
Vitamin A	17.010 mcg RAE 1.89%
Vitamin C	0.000 mg
Vitamin D	0.028 mcg 0.142%
Calcium	332.961 mg 33.296%
Iron	2.161 mg 12.004%
Potassium	92.811 mg 1.975%
Saturated Fat % of Calories	7.091 %
Added Sugar % of Calories	0.000 %
* Indicates missing Nutrient Information.	
^ Indicates user added nutrient.	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1.25 oz

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains1 oz

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
12-10-2025	12-10-2025

Edit Recipe