


Apple Breakfast Bar - CACFP

General Information

Recipe #	Category	Source
2033829	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Egg, white, raw, frozen, pasteurized	3 1/2 oz.	
Unsweetened Original Applesauce	1 1/2 oz.	
IQF Sliced Apples- No Sulfites	2/3 c., 2 1/2 tsp.	
Vegetable oil, palm kernel	1 1/8 tsp.	
Sugars, granulated	1/4 c., 1 tbsp., 7/8 tsp.	
Wheat flour, whole-grain, soft wheat	3 7/8 oz.	
Spices, nutmeg, ground	1/4 tsp.	
Spices, cinnamon, ground	1 1/2 tsp.	
Leavening agents, baking powder, low-sodium	1 tsp.	
Salt, table	1/4 tsp.	
Beverages, water, tap, municipal	1 tbsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Chop apples into 1/4 inch pieces and mix with oil, eggs, and applesauce.
2. Mix all dry ingredients together and then slowly mix dry ingredients into apple mixture.
3. Pour mixture into greased 1/2 sheet pan and bake in a 350 degree F oven for 25-30 minutes.
4. Remove from the oven and let cook slightly before cutting. Cut each pan into 4x6.

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.



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Serving Size	Yield
1 Each	6.00

Nutrition Facts

Serving Size 1 Each (79 gm)

Amount Per Serving		
Calories		134.107
		% Daily Value*
Total Fat	1.221 gm	1.879%
Saturated Fat	0.763 gm	3.814%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	105.924 mg	4.414%
Total Carbohydrate	29.198 gm	9.733%
Dietary Fiber	3.465 gm	13.86%
Total Sugars	13.852 gm	
Includes 10.978 gm of Added Sugars		
Protein	3.321 gm	6.641%
Vitamin A	0.097* mcg RAE	0.011%
Vitamin C	0.026* mg	0.043%
Vitamin D	0.000* mcg	
Calcium	48.434 mg	4.843%
Iron	0.863 mg	4.792%
Potassium	200.713 mg	4.27%
Saturated Fat % of Calories		5.120 %
Added Sugar % of Calories		32.744 %

* 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	0.5 oz

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.

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.

Grains	0.5 oz
Fruits	0.125 cups

Added Sugar Limitations

Not applicable.

Dates

Last Updated

12-15-2025

Created

12-15-2025

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