


# Breakfast Quesadilla - CACFP

## General Information

Recipe #	Category	Source
2040987	Breakfast Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Onions, raw	¾ c.	
Peppers, sweet, green, raw	¾ c.	
Peppers, chili, green, canned	2 tbsp.	
Garlic, raw	¾ tsp.	
Vegetable oil, palm kernel	1 ½ tsp.	
Egg, whole, raw, fresh	3 large	
Chicken, Diced, cooked	7 ¾ oz.	
Cheese, cheddar, nonfat or fat free	1 ½ oz.	
Tortilla, Whole Wheat, 9"	6 tortilla	

## Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. Wash and chop onions and peppers. Mince garlic.
2. In a large pan over medium heat, saute onions and peppers until soft. Add garlic, diced chicken, and cook for a few minutes more.
3. In separate bowl, whisk eggs. Season with salt and pepper. Add eggs to the chicken mixture until they come together.
4. On a griddle, warm tortillas. Place 6 ounces of egg mixture on each tortilla, top with cheese and fold in half. Toast on both sides and hold hot for service.

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.



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Serving Size	Yield
1 Each	6.00

## Nutrition Facts

### Serving Size 1 Each (158 gm)

Amount Per Serving		
Calories		257.917
% Daily Value*		
<b>Total Fat</b>	8.839 gm	13.598%
Saturated Fat	3.647 gm	18.236%
Trans Fat	0.010* gm	
<b>Cholesterol</b>	119.544 mg	39.848%
<b>Sodium</b>	386.686 mg	16.112%
<b>Total Carbohydrate</b>	26.149 gm	8.716%
Dietary Fiber	3.535 gm	14.142%
Total Sugars	1.971* gm	
Includes 0.000 gm of Added Sugars		
<b>Protein</b>	17.970 gm	35.941%
Vitamin A	49.063* mcg RAE	5.451%
Vitamin C	16.186* mg	26.976%
Vitamin D	0.527 mcg	2.634%
Calcium	102.442 mg	10.244%
Iron	2.012 mg	11.18%
Potassium	487.722 mg	10.377%
Saturated Fat % of Calories		12.727%
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

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.

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.

### Dates

**Last Updated**  
02-02-2026

**Created**  
01-06-2026

daily diet. 2,000 calories a day is used for general nutrition advice.

### Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz
Grains	2 oz
Other Vegetables	0.25 cups

### Added Sugar Limitations ⓘ

Not applicable.

### Vendors

Catallia Premium Tortillas 🇲🇽

Tyson Foods, Inc. 🇺🇸

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