


Breakfast Taco - CACFP

General Information

Recipe #	Category	Source
2040960	Breakfast Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Onions, raw	¾ c.	
Peppers, sweet, green, raw	¾ c.	
Peppers, chili, green, canned	2 tb.	
Garlic, raw	¾ tsp.	
Vegetable oil, palm kernel	1 ½ tsp.	
Egg, whole, raw, fresh	3 large	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M,	8 oz	
Cheese, cheddar, nonfat or fat free	1 ½ oz.	
Tortilla, Flour, 6", Whole Wheat,	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. 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 (133 gm)

Amount Per Serving		
Calories		207.917
% Daily Value*		
Total Fat	7.339 gm	11.29%
Saturated Fat	2.647 gm	13.236%
Trans Fat	0.010* gm	
Cholesterol	119.544 mg	39.848%
Sodium	356.686 mg	14.862%
Total Carbohydrate	18.149 gm	6.05%
Dietary Fiber	2.535 gm	10.142%
Total Sugars	0.971* gm	
Includes 0.000 gm of Added Sugars		
Protein	15.970 gm	31.941%
Vitamin A	49.063* mcg RAE	5.451%
Vitamin C	16.186* mg	26.976%
Vitamin D	0.527* mcg	2.634%
Calcium	155.442 mg	15.544%
Iron	1.732 mg	9.624%
Potassium	298.722* mg	6.356%

Saturated Fat % of Calories	11.459%
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	Created
03-03-2026	01-06-2026

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

Meal Components

Component	Measurement
Meat/Meat Alternates	1.5 oz
Grains	1 oz
Other Vegetables	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Mission Foodservice 🇺🇸

Tyson Foods, Inc. 🇺🇸

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