



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-8: ½ wrap
9-12: 1 wrap

ONE SERVING PROVIDES:

K-8: 1 oz M/MA + .1875 c V + 1 ¼ G/B
9-12: 2 oz M/MA + ⅓ c V + 2 ½ G/B

NUTRIENTS PER SERVING:

Calories 288, Protein 16.49 g,
Carbohydrate 34.18 g, Total Fat 9.71 g,
Saturated Fat 3.22 g, Cholesterol 156.09 mg,
Vitamin A 348.90 RE, Vitamin C 92.52 mg,
Iron 2.4 mg, Calcium 226.34 mg,
Sodium 623.37 mg, Dietary Fiber 5.56 g

If using turkey breakfast sausage:

Calories 291, Protein 15.9 g,
Carbohydrate 33.70 g, Total Fat 10.22 g,
Saturated Fat 3.26 g, Cholesterol 164.41 mg,
Vitamin A 348.90 RE, Vitamin C 92.80 mg,
Iron 2.47 mg, Calcium 219.18 mg,
Sodium 613.53 mg, Dietary Fiber 5 g

Great Day Rice Wrap

INGREDIENTS

Pork or turkey breakfast sausage pieces, frozen	1 lb 12 oz	7 cups	3 lb 8 oz	3 qt 2 cups
Bell pepper, red or green, fresh, diced	5 lb 4 oz	3 qt ½ cup	10 lb 8 oz	1 ½ gal 1 cup
Yellow onions, fresh, diced	2 lb	6 ¼ cups	4 lb	3 qt ½ cup
Garlic, fresh, minced	-	¼ cup	-	½ cup
Whole eggs, fluid	4 lb 4 oz	2 qt	8 lb 8 oz	1 gal
Water	-	1 cup	-	2 cups
Green onions (scallions), diced	8 oz	2 cups	1 lb	4 cups
Reduced fat cheddar cheese, shredded	13 oz	1 ¾ cup	1 lb 10 oz	3 ½ cups
Salt, table	-	2 tsp	-	4 tsp
Black pepper, ground	-	2 tsp	-	4 tsp
Brown rice, cooked	3 lb 14 ½ oz	3 qt ½ cup	7 lb 13 oz	1 ½ gal 1 cup
Cilantro, fresh, chopped	-	1 cup	-	2 cups
8-inch whole wheat tortillas	-	50 ea	-	100 ea

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
1 lb 12 oz	7 cups	3 lb 8 oz	3 qt 2 cups
5 lb 4 oz	3 qt ½ cup	10 lb 8 oz	1 ½ gal 1 cup
2 lb	6 ¼ cups	4 lb	3 qt ½ cup
-	¼ cup	-	½ cup
4 lb 4 oz	2 qt	8 lb 8 oz	1 gal
-	1 cup	-	2 cups
8 oz	2 cups	1 lb	4 cups
13 oz	1 ¾ cup	1 lb 10 oz	3 ½ cups
-	2 tsp	-	4 tsp
-	2 tsp	-	4 tsp
3 lb 14 ½ oz	3 qt ½ cup	7 lb 13 oz	1 ½ gal 1 cup
-	1 cup	-	2 cups
-	50 ea	-	100 ea

DIRECTIONS

Recipe developed for USA Rice Federation by Chef Cyndie Story, PhD, RD, CC

1. Lightly coat steam table pans with pan release spray. Place 14 oz sausage, 2 lb 10 oz bell pepper, 1 lb onion, and 2 tbsp garlic in each steam table pan (12" x 20" x 2 ½"). For 50 servings: 2 pans; For 100 servings: 4 pans
2. Bake, uncovered, until onions and peppers are tender-crisp. Conventional oven: 350°F for 15 minutes. Convection oven: 325°F for 10 minutes.
3. Remove pans from oven.
4. Add to each pan 1 qt eggs, ½ cup water, 1 cup green onions, 7 ½ oz cheese, 1 tsp salt, 1 tsp black pepper, and 6 ¼ cups cooked rice. Stir to combine.
5. Cover and place in oven. Bake for 20 minutes or until eggs are set. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
6. Remove pans from oven. Sprinkle ½ cup chopped cilantro over each pan.
7. To serve, place 1 cup (2 scoops of number 8 disher) of the egg and rice filling in the center of each tortilla. Fold one edge of the tortilla over the filling and pull back to distribute the filling. Fold the sides of the tortilla over the ends and roll up like a burrito. Critical Control Point: Hold for service at 135°F or higher.

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