



 Pennsylvania
Department of Education

Breakfast of CHAMPIONS Recipe Book

In these pages you will find a variety of nutritious recipes, brought to you right from school cafeterias across the Commonwealth. Fueling our bodies with a delicious, nutritious breakfast is one of the best ways to start our day, and keeps us full and focused so we can continue to learn and grow.

The Governor's School Breakfast Challenge, which launched in January 2024, challenged schools to increase student participation in universal free breakfast by using promotional strategies, identifying service methods that allowed for greater student access to breakfast, and incorporating hot breakfast items and foods that were locally sourced and low in sugar.

These recipes include both savory and sweet breakfast items – all giving us the energy needed to kickstart our days and power our minds and bodies up for the learning ahead! Thank you to the schools across the Commonwealth that participated in the Governor's Breakfast Challenge, I hope you enjoy these recipes as much as I know I do. Let's get cooking!



A handwritten signature in black ink, appearing to read 'K. Mumin', with a large, sweeping loop at the end.

Dr. Khalid N. Mumin,
Pennsylvania Secretary of Education

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Special thanks to all the schools that participated in the 2024 Governor's School Breakfast Challenge for submitting their students' favorite school breakfast recipes!

Disclaimer - These recipes have not been tested by the Pennsylvania Department of Education.



Banana Split Yogurt Sundae

Special Thanks/Inspiration – Curwensville Area School District and Erie City School District

This whimsical version of granola and yogurt will have students thinking they are eating ice cream. Substitute ¼ cup canned pineapple tidbits for the blueberries for another variation.

Meal Contribution: 1 serving provides 1 oz eq meat alternate, 1 oz eq WGR grain, 1 cup fruit.

Ingredients (Quantity for 1 serving):

4 ounces Yogurt, vanilla, low-fat

1/4 cup Blueberries, fresh

1/4 cup Strawberries, fresh or frozen, sliced

1 Bananas, fresh

1/4 cup Cereal, granola with cinnamon

Place 2 - 2 oz scoops of yogurt on the bottom of a 5" x 5" container, paper boat, or bowl.

Place blueberries on top of one scoop of yogurt.

Place strawberries on top of the other scoop of yogurt.

Slice the banana in half lengthwise and place it on the sides of the yogurt.

Place granola in a cup in one corner of the container or sprinkle on top just before serving.



Berry Sheet Pancake

Special Thanks/Inspiration – Great Valley High School at Great Valley School District and www.healthyschoolrecipes.com

Breakfast just got a whole lot tastier with these delicious blueberry sheet-pan pancakes. They're on-trend and perfect for quick, bulk breakfast cooking.

Meal Contribution: 1 serving (2 squares) provides 2 oz eq WGR grain, 1 oz eq meat alternate, 1/8 cup fruit.

Ingredients (Quantity for 72 servings):

- 4 pounds, 8 ounces* Flour, whole wheat
- 3 pounds, 12 ounces* Flour, all-purpose, enriched
- 8 ounces* Baking powder
- 3 tablespoons* Baking soda
- 2 pounds* Sugar, granulated
- 2 tablespoons* Salt, kosher
- 1/2 gallon* Liquid eggs
- 2 gallons* Buttermilk
- 2 pounds* Butter, melted
- 6 cups* Strawberries, diced, frozen
- 6 cups* Blueberries, frozen

Using a large mixing bowl, whisk together the flours, baking powder, baking soda, sugar, and salt. Set aside.

In a second large mixing bowl, whisk together the eggs and buttermilk.

Whisk the dry ingredients into the egg mixture. NOTE: Just mix to combine - if you overmix, the pancakes will be tough and dense. Some lumps will still be in the batter.

Gently stir in the melted butter.

Divide the batter between three parchment-lined and sprayed sheet pans (Full size, 18" x 24").

Scatter and arrange the strawberries and blueberries over the top of the pancake batter.

Bake at 425°F for 15 - 20 minutes until set.

Cut into 8 rows of 6. Each pan will contain 48 squares.

Serve two 3" x 3" squares per student.



Breakfast Vegetable Quesadilla

Special Thanks/Inspiration – Inspiration came from all our hand-held loving school districts and the International Fresh Produce Association’s Foundation for Fresh Produce

Students love Southwest flavors, and this quesadilla delivers just that at breakfast. Savory mushrooms and sweet bell peppers combine with eggs and cheese for a filling and delicious breakfast. Perfect to spice up the grab-and-go selection!

Meal Contribution: 1 quesadilla provides 1.5 oz eq meat alternate, 1 oz eq WGR grain, 1/2 cup vegetable.

Ingredients (Quantity for 50 servings):

Quesadilla

2 pounds, 4 ounces Mushrooms, freshed, diced

2 pounds, 8 ounces Sweet bell peppers, diced

1/2 teaspoon Salt, kosher

1 teaspoon Pepper, black

3 pounds Eggs, frozen, whole, pasteurized

1 pound, 8 ounces Cheese, cheddar, shredded, low sodium

50 each Flour tortilla, whole-grain rich, 8 inch

Pico De Gallo

5 pounds, 12 ounces Tomato, fresh

6 ounces Onion, fresh

1/4 cup Jalapeño, fresh

1 cup Cilantro, fresh

1 teaspoon Cumin, ground

1 tablespoon Garlic, granulated

Scallions, sliced for garnish (optional)

Preheat oven to 425 degrees.

Combine mushrooms, bell peppers, salt and pepper.

Prepare scrambled eggs according to package instructions.

To build quesadilla:

Line a full sheet tray with parchment. Begin by placing 6 tortillas on the sheet tray.

Place a #36 scoop (1 $\frac{3}{4}$ tablespoon) of shredded cheese, a #8 scoop (1/2 cup) of vegetable mixture, and a #24 scoop (1 $\frac{1}{2}$ ounces) of scrambled egg on half of the tortilla.

Fold the tortilla in half to create a half-moon. Add additional tortillas as space is created on the sheet tray. Twelve quesadillas will fit on a full sheet tray.

Bake for 15 minutes. Bake for 20-30 minutes for crispier quesadilla, flipping halfway through.

PICO DE GALLO SALSA

Remove the core from the tomatoes and cut into quarters.

Add tomatoes, onions, jalapeno, cilantro, cumin, and granulated garlic to a food processor. Pulse to chop up until a fine consistency.

CCP: Keep cold, below 41 degrees.

To serve, top each Quesadilla with $\frac{1}{4}$ cup (#16 scoop) salsa and 1 tablespoon of sliced scallions.



Cheesy Sausage Breakfast Bake

Special Thanks/Inspiration – Great Valley High School at Great Valley School District & www.healthyschoolrecipes.com

This breakfast bake has a cheesy seasoned rice base and breakfast sausage crumbles. Protein can be interchanged with other meats but may impact crediting.

Meal Contribution: 1 oz eq WGR grain, 1.5 oz eq meat/meat alternate.

Ingredients (Quantity for 48 servings):

3 pounds, 2 ounces Rice, brown, long-grained, parboiled, dry

3 quarts Water

24 large Eggs

1 quart Milk, low-fat, 1%

4 tablespoons Onion, granulated

4 tablespoons Garlic, granulated

1 tablespoon Salt, kosher

2 teaspoons Black pepper, ground

1 1/2 pounds Cheese, cheddar, shredded, low sodium

1 pound Turkey sausage crumbles, pre-cooked, low sodium

Combine rice and water in a 4-inch steamtable pan for 48 servings. Stir to combine. Cover tightly.

OVEN METHOD: Cook in a 350°F oven for 20 minutes.

STEAMER METHOD: Cook in a steamer for 15 to 20 minutes.

CCP: Heat to 135°F for at least 15 seconds.

Remove from oven or steamer and let sit for 10 to 15 minutes.

Cool properly. **CCP:** Cool from 135°F to 70 °F in 2 hours and from 70°F to 41°F in 4 more hours.

OR, use 1 ½ gallon of cooked, cooled rice for 48 portions.

Preheat oven to 350°F.

Mix egg, milk, and seasonings together in a large bowl.

Spray two, 2-inch steamtable pans with pan spray.

Place half of the chilled rice in a layer at the bottom of each pan. Sprinkle evenly with half the sausage crumbles and ½ pound of cheese on each. Reserve the remaining cheese for next steps.

Pour half the egg mixture over the top of each pan and evenly distribute.

Cover and bake for 45 minutes.

Remove from oven and sprinkle ¼ pound of reserved cheese over each. Cover and place in warmer for 15 minutes to allow cheese to melt.

Cut each pan into 6 rows of 4 for total of 48 portions.



French Toast Breakfast

Special Thanks/Inspiration – Oak Park Elementary at North Penn School District

Serve this classic breakfast dish of fluffy French toast infused with butter and maple syrup flavor in each bread slice, topped with a small flurry of powdered sugar.

Meal Contribution: 1 oz eq meat alternate, 1 oz eq WGR grain.

Ingredients (Quantity for 15 servings):

- 8 *large* Eggs, large, fresh
- 1 1/2 *cups* Milk, low-fat, 1%
- 2 *teaspoons* Vanilla extract, imitation
- 1 *tablespoon* Cinnamon, ground
- 1/4 *cup* Pancake syrup or maple syrup
- 1/2 *ounce* Margarine or butter
- 1/8 *cup* Sugar, powdered
- 15 *each* Bread, whole grain-rich, 1-ounce slices

Combine eggs, milk, vanilla, cinnamon, and syrup in a mixing bowl. (If using USDA Foods liquid eggs, use 1 $\frac{2}{3}$ cups in place of shell eggs.) Use an immersion blender or whisk to combine ingredients until thoroughly combined.

Melt 1 tablespoon of margarine or butter.

Place parchment paper on a full-size sheet pan and brush with melted margarine/butter.

Dip each slice of bread into the egg mixture. Make sure that all egg mixture has been absorbed by the 15 slices of bread for proper meal contribution. Place each slice of dipped bread on the buttered sheet pan. Place 3 across and 5 down. The bread should not be touching. There should be no egg mixture left over.

Cover a sheet pan with foil and bake at 375 °F for 15-20 minutes or until French toast is lightly browned.

Sprinkle 2 tablespoons of powdered sugar over top of the cooked French toast prior to portioning and serving.

Serve student 1 slice of French toast in 1# food boat.



Overnight Oats with Berries

Special Thanks/Inspiration – General Nash Elementary at North Penn School District & Culinary Institute of Child Nutrition

These overnight oats create the perfect breakfast. This recipe is filling and flavorful with creamy oats, vanilla yogurt, sweet honey, and berries.

Meal Contribution: One portion provides ½ oz eq meat alternate, 2 oz eq WGR grain, ½ cup fruit.

Ingredients (Quantity for 50 servings):

- 2 quarts, 3 cups Strawberries, sliced, IQF
- 3 quarts, 3 cups Blueberries, frozen, wild, IQF
- 3 quarts, 1 1/4 cup Milk, fat free
- 3/4 cup, 1 1/2 tablespoons Honey
- 3 tablespoons Cinnamon, ground
- 5 lb (weight) or 1 gallon, 1 quart, 3 3/4 cups Oats, rolled (old-fashioned), dry
- 7 lb 3 oz (weight) or 3 quarts, 3/4 cup Yogurt, vanilla, low-fat

Thaw strawberries and blueberries in perforated pans, under refrigeration, at least 24 hours prior to use. CCP: Hold for cold service at 41°F or lower. Once thawed, discard juice and combine the berries.

Combine milk, honey, and cinnamon. Whisk until smooth.

Stir the oats into the milk and honey mixture. Place in a nonreactive pan (e.g., stainless steel or plastic foodservice pan). Cover and refrigerate overnight, allowing the oats to absorb the milk mixture. CCP: Hold for cold service at 41°F or lower.

In a 12 oz clear cup, layer ingredients in the following order:

Oat mixture – Use a No. 16 scoop

Nonfat yogurt – Use a No. 16 scoop or a 2 oz spoodle

Berries mixture – Use a No. 8 scoop or a 4 oz spoodle

CCP: Refrigerate until served. CCP: Hold for cold service at 41°F or lower.

This item may be held refrigerated at or below 41°F for 1–2 days.

Cooking Process #1: No Cook

Variations: May use vanilla, strawberry, or blueberry yogurt. May substitute ½ cup of different fruit in place of berries mixture per serving.



Potato, Cheese, and Ham Bake

Special Thanks/Inspiration – Wallenpaupack High School at Wallenpaupack Area School District & www.healthyschoolrecipes.com

This is the “traditional” breakfast but in casserole form! This hearty breakfast dish is packed with gooey cheese, flavorful ham, and filling potatoes to keep your students' stomachs full!

Meal Contribution: 1 serving provides 2 oz eq meat/meat alternate and ¼ cup starchy vegetable.

Ingredients (Quantity for 24 servings):

- 2 cups* Green onion, diced
- 16 large* Eggs, whole, raw, fresh
- 3 cups* Milk, low-fat, 1%
- 1 teaspoon* Onion powder
- 1 teaspoon* Garlic powder
- 2 teaspoons* Salt, kosher
- 2 teaspoons* Black pepper, ground
- 3 pounds, 4 ounces* Potatoes, frozen, shredded
- 1 pound* Cheese, cheddar, reduced sodium, low-fat, shredded
- 4 ounces* Ham, 97% fat free, water-added, cooked, diced

Preheat oven to 350°F.

Spray a full size, 2 ½ inch deep hotel pan with pan spray.

Dice green onions into small dice.

In a large bowl, whisk eggs, milk, onion powder, garlic powder, salt, and pepper.

Add shredded potato, cheese, and green onions. Stir gently to combine.

Pour into prepared hotel pan.

Sprinkle with ham.*

Bake for 40-50 minutes.

If it is browning too fast in the oven, cover with foil and continue to cook.

CCP: Cook to internal temperature of 160°F.

Remove from oven and let cool slightly before cutting.

Cut pan into 6 x 4 pieces.

CCP: Hold warm for service, above 135°F.

**After this step, the prepared pan can be covered and held in the refrigerator overnight for baking the next day. Increase baking time by 15-20 minutes if baking from cold.*



Spiced Apple Topping

Special Thanks/Inspiration – Colonial Elementary School at Colonial School District & USDA/ICN

Utilizing a Pennsylvania staple, these apples are combined with honey, vanilla, and warm spices. The apple topping can be used to elevate traditional breakfast grains like French toast, pancakes, or waffles.

Meal Contribution: $\frac{1}{3}$ cup (No. 12 scoop) provides $\frac{1}{4}$ cup of fruit.

Ingredients (Quantity for 2 gallons):

1/2 cups Margarine or butter

1 quart, 2 cups Honey

2 quarts, 3 cups Apple juice

1 cup Cornstarch

2 tablespoons Ground cinnamon

1 tablespoon Ground nutmeg

1 tablespoon, 1 teaspoon Vanilla, imitation

1 gallon Canned, unsweetened, sliced apples, drained

Melt margarine or butter and honey in stock pot or steam-jacketed kettle.

Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.

Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.

Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.



Yogurt Bark

Special Thanks/Inspiration – North Wales Elementary at North Penn School District

Low-fat yogurt is topped with blueberries, strawberries, and granola then frozen solid before being sliced into individual portions. This is a fun, refreshing cold option for your breakfast program!

Meal Contribution: 1 oz eq meat alternate, ½ oz eq WGR grain, ¼ cup fruit.

Ingredients (Quantity for 16 servings):

4 pounds Yogurt, vanilla, low-fat, 64 oz

2 cups Blueberries, frozen

2 cups Strawberries, sliced, IQF

1 pound Cereal, granola, bulk

Line a half sheet pan with parchment paper.

Pour the 4-pound bag of yogurt into the prepared half sheet pan and spread evenly into all corners.

Top the yogurt with the strawberries, blueberries, and granola.

Place prepared yogurt bark into freezer overnight, to ensure it is completely frozen.

Cut into 4 rows of 4 yogurt bark pieces for 16 portions.

Place 1 cut yogurt block into a 2# food tray for meal service and immediately place portions back into the freezer until meal service.

Serving Instructions: Keep frozen until mealtime. Only bring out a tray of servings at a time and hold on ice packs to prevent melting.

HACCP Process: Process 1: No Cook

