English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

	48 Servings		Servings			
Ingredients	Weight	Measure	Weight	Measure	Directions	
WGR English muffins, 2 oz Marinara sauce OR Marinara sauce Reduced fat mozzarella cheese, shredded Parmesan cheese, grated		48 each 6 cups OR 24 servings from recipe 12 cups			 Cut the English muffins in half and toast the halves in the oven. Spread 1 Tbsp of marinara sauce on top of each muffin half and top with ¼ tsp of Parmesan cheese and 2 Tbsp of mozzarella cheese. Toast in oven until cheese melts. 	
		/2 oup			 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or above. 	

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Notes:

Nutrients calculated using Food Processor for 2 English muffin pizzas from 2 English muffin halves. Note: 1 cup marinara sauce = 4 servings from recipe.

Serving: 2 English muffin pizzas from 2 muffin halves.				
1-2 years: 1 pizza				
3-5 years: 1 pizza				
6-18 years: 2 pizzas				

Nutrients Per Serving (2 halves)								
Calories	236	Saturated Fat	2.64 g	Iron	1.65 mg			
Protein	14.78 g	Cholesterol	15.72 mg	Calcium	267.83 mg			
Carbohydrate	30.32 g	Vitamin A-RAE	10.00 RAE mcg	Sodium	491.96 mg			
Total Fat	6.87 g	Vitamin C	4.71 mg	Dietary Fiber	4.55 g (2016 = 0.55 g)			