



Cinnamon Nachos with Fruit Salad

Fall Winter **Spring** Summer

NUTRITION INFORMATION

SERVING SIZE: 1 tortilla, ¾ cup fruit

Amount per Serving	
Calories	248 kcal
Protein	4.70 g
Carbohydrate	53.65 g
Total Fat	2.65 g
Saturated Fat	0.52 g
Cholesterol	0 mg
Vitamin A	815.41 IU
Vitamin C	4.78 mg
Iron	1.68 mg
Calcium	128.90 mg
Sodium	351.53 mg
Dietary Fiber	5.72 g

EQUIVALENTS: 1 serving provides 1.5 oz equiv WGR grain and ¾ cup fruit.

Recipe HACCP Process: #1 No Cook

“School breakfast gives students the healthy start they need to learn all day.”

— KATHY ALEXANDER

Cinnamon Nachos with Fruit Salad

- 50 servings (1 tortilla + $\frac{3}{4}$ cup fruit salad)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (8-inch)		50 each	1 Preheat convection oven to 325°F or conventional oven to 350°F. Line 4 sheet pans with parchment paper.
Granulated sugar		$\frac{3}{4}$ cup + 3 Tblsp	2 Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each with $\frac{1}{2}$ teaspoon of the cinnamon sugar. Cut each tortilla into 8 wedges with a pizza cutter or knife. Bake until crisp, about 11 minutes (watch carefully to prevent burning).
Ground cinnamon		$\frac{1}{2}$ cup + 2 Tblsp	
Mixed fruit salad		2 gal + 1 qt + 1½ cups	3 Serve each tortilla with $\frac{3}{4}$ cup fruit salad.

NOTES

