



Pear Breakfast Rollups

100 Servings

Portion: 1 rollup

Meal Component Crediting K-8, 9-12: 1 6 oz eq grain; 6 cup fruit

Ingredients	Weight	Measure
Pear juice		8 1/3 cups
Cornstarch		2 cups
Pears, diced, extra light syrup, canned, drained, some juice reserved(USDA or Commercial)*	29 lbs 6 oz OR about 7 1/4 #10 cans	1 gal 4 qt
Lemon juice, bottled		3/4 cup
Cinnamon, ground		1/2 cup
Sugar, granulated		2 cups
8" tortilla, whole grain or whole grain rich (USDA or Commercial) (at least 1/5 oz eq grain)		100 each

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Make a slurry: In a small bowl, whisk together pear juice and cornstarch. Set aside.

CCP: Hold at 40° F or lower.

2. Prepare Spiced Pears: In a stockpot or kettle on medium-high heat, add drained pears, lemon juice, and cinnamon. Stir. When juices on the bottom of the pan begin to lightly boil, slowly pour slurry into pears stirring constantly. Bring to a boil. Decrease heat to low and simmer until nectar thick. Remove from heat.

CCP: Heat to 145° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

3. Build Wraps: Place 6 cup (#8 scoop) spiced pears in the center of each tortilla. Fold in the sides of each tortilla, roll the back of the tortilla up over the ingredients, fold and tuck the ingredients inside the tortilla, and roll into a wrap.

CCP: Hold at 140° F or higher. Optional: Serve a lime wedge on the side.

CCP: Hold at 40° F or lower.

For Grab n Go Service: Wrap in sandwich paper or foil sheets.

Note: 1 #10 can pears diced, packed in juice or light syrup provides about 9 6 cups (66 oz) drained pears.

Nutrients Per Serving

Calories	221 kcal
Total Fat	3 g
Total Dietary Fiber	5 g
Vitamin C	2 mg
Saturated Fat	1.5 g
Trans Fat	0 g
Protein	3 g
Iron	0 mg
Sodium	226 mg
Cholesterol	0 mg
Vitamin A	2 IU
Sugars	20 g
Carbohydrate	48 g
Calcium	66 mg