

# English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

| Ingredients                                     | 48 Servings |  | _____ Servings |         | Directions   |
|---|-------------|--|----------------|---------|--|
|   | Weight      | Measure                                    | Weight         | Measure |  |
| WGR English muffins, 2 oz                       |             | 48 each                                    |                |         | <p>1. Cut the English muffins in half and lightly toast the halves in the oven.</p> <p>2. Spread 1 Tbsp of sauce on top of each muffin half and top with ¼ tsp of Parmesan cheese.</p> <p>3. Add optional vegetables by evenly distributing on top of the muffin halves.</p> <p>4. Add 2 Tbsp of mozzarella cheese to each muffin half.</p> <p>5. Toast in oven until cheese melts.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> |
| Marinara sauce<br>OR<br>Pizza sauce from recipe |             | 6 cups<br>OR<br>48 servings<br>from recipe |                |         |  |
| *Parmesan cheese, grated                        |             | ½ cup                                      |                |         |  |
| *Mozzarella cheese, reduced fat, shredded       | 3 lbs       | 12 cups                                    |                |         |  |
| Diced bell peppers (optional)                   |             | 3 cups                                     |                |         |  |
| Sliced mushrooms (optional)                     |             | 3 cups                                     |                |         |  |
| Diced onion (optional)                          |             | 3 cups                                     |                |         |  |
| Sliced olives (optional)                        |             | 3 cups                                     |                |         |  |

**Notes:**

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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)

|                     |         |                      |               |                      |                        |
|---------------------|---------|----------------------|---------------|----------------------|------------------------|
| <b>Calories</b>     | 236     | <b>Saturated Fat</b> | 2.64 g        | <b>Iron</b>          | 1.65 mg                |
| <b>Protein</b>      | 14.78 g | <b>Cholesterol</b>   | 15.72 mg      | <b>Calcium</b>       | 267.83 mg              |
| <b>Carbohydrate</b> | 30.32 g | <b>Vitamin A-RAE</b> | 10.00 RAE mcg | <b>Sodium</b>        | 491.96 mg              |
| <b>Total Fat</b>    | 6.87 g  | <b>Vitamin C</b>     | 4.71 mg       | <b>Dietary Fiber</b> | 4.55 g (2016 = 0.55 g) |