

CHAPTER 26

BREAKFAST MENUS AND FOODS

GENERAL

Breakfast in the Army dining facility usually consists of fruit or fruit juice; cereal; ham, bacon, sausage, or creamed beef; eggs, French toast, or griddle cakes; toast, hot biscuits, butter, and jam or jelly; and tea, coffee, or milk. Sweet rolls, coffee cake, or doughnuts are sometimes included in the master menu. Fitness concerns require many variations. See Chapter 10 when planning menus.

A LA CARTE BREAKFAST

The master menu gives the a la carte breakfast menu for each breakfast period during the month. Foods such as chilled fruit or juice, hot cereal, meat, potatoes, and special hot breads are listed in the master menu. However, ready-to-eat cereals, fresh milk, eggs, bread, butter, jam and jelly, and coffee are issued daily as part of the a la carte menu.

CONTINENTAL BREAKFAST

The continental breakfast is a self-service type meal. Foods offered are fruit juice, prepared cereals, sweet rolls or doughnuts, toast, milk, and coffee. You can serve the continental breakfast in addition to the regular breakfast meal. You may not serve it in place of the regular breakfast. One of the advantages of offering a continental breakfast is that the serving period may be extended without disrupting the work schedule for the noon meal. Fruits and items such as boiled eggs could also be offered with the continental breakfast.

BREAKFAST FITNESS BAR

Resources permitting, each dining facility offers a breakfast fitness bar as an alternative to the

traditional breakfast menu. The breakfast fitness bar is fully described in Chapter 10.

FRUITS AND FRUIT JUICES

Fruits and fruit juices have an important place in the breakfast meal. They are discussed below.

Fruits

Fresh fruits are frequently listed in the master menu. Occasionally you serve canned fruits, such as grapefruit and apricots. Prepare them by chilling them and placing them in serving dishes. Other fruits served include stewed dried prunes and dehydrated applesauce. Cook prunes according to the directions on the container. Serve them hot or cold. Prepare dehydrated applesauce as follows:

- Place dehydrated applesauce in a bowl and stir to break up any lumps.
- Add half of the required water and stir until smooth.
- Stir in the remaining water. Let reconstituted applesauce set for at least 10 minutes before serving.

Fruit Juices

A variety of fruit juices are served in the dining facility. Chill canned juices overnight, and open the cans as needed. Mix frozen juices and instant juices according to the manufacturer's directions. Chill and serve them from juice dispensers.

CEREALS

Assorted dry cereals are served more often in the dining facility than hot, cooked cereals. Dry

cereals require no preparation and offer the soldier a wide variety from which to choose.

Dry Cereals

Dry cereals are made from barley, corn, oats, rice, wheat, or combinations of these grains. The grains have been altered (puffed, toasted, flaked, or shredded) during processing so that their flavor, texture, and appearance are more appealing. Some have sugar, syrup, molasses, or honey added. You can place an assortment of dry cereals in a cereal dispenser for self-service.

Hot, Cooked Cereals

The hot, cooked cereals served in the dining facility include farina, whole wheat, rolled oats, and hominy grits. These cereals take a relatively short time to prepare. Prepare them in small batches, and serve them hot. TM 10-412 gives recipes for preparing hot, cooked breakfast cereals (regular and quick-cooking types).

MEATS

Meats served in the dining facility include bacon, ham, and sausage. They are discussed below.

Bacon

The FSS may requisition either chilled or frozen bacon slices or slab bacon for the dining facility. Bacon may be baked, grilled, or fried. Grill bacon over low heat, and turn occasionally. Pour or scrape off the fat as it accumulates. To bake bacon, arrange the slices on a sheet pan with the fat edge of each slice overlapping the lean edge of the next slice. Place the bacon on the top shelf of the oven. Bake for about 15 minutes at a moderate temperature. Drain the fat from the bacon. Do not turn.

Ham

The ham served for breakfast is usually canned. You must slice it and then bake it or grill it.

Sausage

Sausage is available in preformed patties, link form, or bulk. It is also prepared by grilling or baking. Ensure that sausage is cooked until it has lost all of its pink tinge on the inside.

EGGS

As a breakfast food, eggs may be soft-cooked, hard-cooked, scrambled, poached, fried, baked (shirred), or made into an omelet. Recipes for all of these methods are in TM 10-412. You can make omelets plain or with bacon, ham, cheese, or mushrooms. High temperatures and overcooking toughen the protein in the eggs, so you should cook them at 325°F. Serve them immediately after cooking. Do not let cooked eggs stand for any length of time as they will harden and lose their flavor.

FRENCH TOAST AND GRIDDLE CAKES

TM 10-412 contains recipes for French toast and griddle cakes. Cook French toast on a well-greased griddle at 375° F. Cook griddle cakes on a lightly greased griddle at 375° F. When air bubbles form on the top of the griddle cake, the bottom should be evenly browned. If the underside is unevenly cooked and has white and brown spots, the griddle is too heavily greased or is too hot. If the underside is a pale tan color, the griddle is not hot enough. Turn griddle cakes only once. Serve both French toast and griddle cakes hot from the griddle. Have melted butter and hot syrup available. Assorted condiments such as cinnamon, sugar, jams, jellies, and spiced applesauce are desirable. Syrup is available in various flavors and is issued in cans, bottles, or individual containers.

TOAST, BUTTER, JAMS, AND JELLIES

Have toast available at every breakfast meal whether or not you are serving other hot breads. Make toast on the serving line as needed. Some diners may want their hot toast with butter. Others may prefer dry toast. Place pats of butter in the

dispenser on the serving line. Provide an assortment of jams and jellies on the serving line. When self-service toasters are provided for the diners' use, ensure that small-plate dispensers are located near the toaster.

fresh, hot coffee and hot water for tea. Put tea bags beside the hot-water dispenser and cream or cream substitute and sugar either beside the hot-drink dispensers or on the tables. Place glasses next to the milk and water cooler.

BEVERAGES

Make coffee, tea, and milk self-serve items. Place a supply of cups near the dispensers containing