## COURSE OUTLINE

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOS 110</td>
<td>Breakfast/Pantry</td>
<td>2</td>
</tr>
</tbody>
</table>

**Hours:**
- Lecture/Lab/Other: 1/3/0
- Pre-requisites: HOS 101, HOS 118
- Revised: Spring 2019

Covers basic breakfast preparation, presentation, and merchandising techniques for some basic baked goods, breakfast proteins, as well as garnishes. Practical laboratory experience involves preparing and serving meals. Use, safety, care, and storage of hand tools – including cook’s and vegetable knives – are emphasized.

### Instructor:

- **Telephone:**
- **Email:**

### Office Hours:

### Course Competencies/Goals:

**The student will be able to:**

1. Prepare a variety of egg recipes breakfast meats following recipes using proper preparation techniques and sanitation techniques while demonstrating a working knowledge of yield tests and portion control.
2. Prepare recipes using proper preparation techniques and sanitation techniques utilizing grains and starches associated with breakfast.
3. Demonstrate a working knowledge of station set up requirements for breakfast production and understand the historical development of breakfast meals and service techniques.
4. Prepare a variety of products utilizing leavening agents including specialty breads, pancakes and waffles.
5. Demonstrate a working knowledge of merchandising of breakfast products, dairy products and cheeses and a working knowledge for menu development price point and creating specials within a given budget and food cost percentage and cultural norms for the surrounding community.
6. Properly set up brunch service including stations and dining room and demonstrate the ability to communicate effectively as a team while meeting the requirements of customer service and “moment of truth” ethical standards.
7. Demonstrate a working knowledge for the development of production sheets including portion size, serving temperatures, quantities, garnish, and timing.
Uniform Policy:

I. Students are required to wear the following uniform to class:
   a) White chef jacket
   b) Checkered chef pants
   c) Chef paper/cloth hat
   d) White full bib apron
   e) Sturdy, non-slip shoes – No open-toe shoes- Footwear is a safety issue.
   f) Do not wear jewelry such as rings, dangling necklaces, dangling earrings, or watches.

II. The campus bookstore sells uniforms for Hotel, Restaurant, and Institution Management Program courses.

III. A pocket thermometer is also required for class. Chef knives, paring knives, and peelers are highly recommended.

IV. You must have your complete uniform in place for the second (2nd) class. You must be in uniform during every laboratory session and be in the kitchen at the start of class.

Laboratory Notice:

Personal hygiene is extremely important in the culinary environment; therefore, all students will comply with the standards set below or students will not be allowed to participate in the class:

- Will be required to wear a clean uniform
- Will be personally odor-free
- Will have clean fingernails –no nail polish or acrylics
- Will have hair tied back and under a cap
- Will not wear jewelry on the hands or wrists except for a wedding band.
- Will not come to class ill.

Safety, Sanitation, and Personal Hygiene

Hand washing is the single most important activity that can be done to prevent 66% of all foodborne illnesses. You must wash your hands after your change, must the restroom, once again before you start the laboratory class, frequently during the handling of food and equipment, after handling raw food products of animal origin, after eating, after drinking, after sneezing or coughing, after wiping perspiration with a tissue, or after touching any body part. False nails and finger nail polish are not to be worn during laboratory sessions.

All students are required to come to class with clear hair and nails, be odor-free, and have on a clean uniform and apron. Students who have any of the above listed discrepancies will not be allowed to prepare any foods or enter the laboratory. In addition, Chapter XIV of the Sanitation in Retail Food Establishments, New Jersey State Sanitary Code, 8:24-14.8: Persons while affected with any disease in a communicable form, or while a carrier of such disease or while affected with boils, infected wounds, sores, acute respiratory infection, nausea, vomiting, or diarrhea which could cause foodborne diseases, shall not work in any area of the establishment in any capacity in which there is a likelihood of such person contaminating food or food contact surfaces with pathogenic organisms.

Evaluation of student learning:

<table>
<thead>
<tr>
<th>Assessment Type</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Participation and class assignments</td>
<td>10%</td>
</tr>
<tr>
<td>Practical Tests</td>
<td>20%</td>
</tr>
<tr>
<td>Homework and Quizzes</td>
<td>10%</td>
</tr>
<tr>
<td>Kitchen and Service performance</td>
<td>50%</td>
</tr>
<tr>
<td>Final Portfolio Presentation</td>
<td>10%</td>
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</table>
Hands on portion of the course will determine 50% of the students’ grade and will include:
   a) Teamwork
   b) Clean-up of your station and the total restaurant operation as a team member.
   c) Organizational Skills
   d) Supervisory Skills (when in a management position)
   e) Cooking Skills (when in cooking position)
   f) Front of the House Skills (when you are in the front of the house)
   g) Management preparation (when in a management position)
   h) Willingness to assist fellow employees
   i) Improvement of skills each week
   j) Communication Skills

Coursework will include work begun in class as theory which will then be produced by the students and the data will be evaluated after the production part of the class is completed. Quizes and practical tests will be given to determine if the students are retaining the information discussed in class and reinforced through production. Production sheets and pricing guide will be used to assess the students understanding of the math formulas learned and the implications these figures represent.

**Station Portfolio:**
Write a complete time and task list for your position in chronological order and will include:
   1. An overview of the position the requirements of the job and skills necessary to be successful at this position
   2. Create a time line. The student will approximate the time line so that prep work is completed in a timely fashion and is adjusted so that they are ready for the opening up the restaurant.
   3. A list of any necessary tools and equipment, seating chart, overall station set up as needed
   4. Recipe standards for the station including recipe yield, portion sizes, preparation and cooking times, suggested garnishes and plating techniques.
      a. Recipes will include the stations standard recipes
      b. Specials must also be submitted for the station. A minimum of eight station specials must be submitted and these specials should include four specials that can be created on the day they are offered and four that would require mise en place the day before they are offered.
   5. Any uniform requirements.
   6. A photo(s) of the station that is ready for service

The first draft will be due on opening day. Be sure to bring two copies to class. They must be printed out. Hand written copies will not be accepted. One copy will be for the instructor to grade and the second copy of the task list will be for the student to adjust to the realities of the position and rewrite the draft.

You will refine the station portfolio over the course of the class until session 7 when your final draft will be submitted for grading. Two copies are required. Students will be working a new position and utilizing the portfolio from another student. A review of that portfolio is due on session 8. The students will then review and refine their new portfolio until it is due on session 10.

The final draft of your portfolios is due on the last session of class. These final copies will be graded and make up 10% of your final grade. Students will work in pairs to review the final copies that are submitted.
Reasonable Accommodations for Students with Documented Disabilities

Mercer County Community College is committed to supporting all students in their academic and co-curricular endeavors. Each semester, a significant number of students document disabilities, which may require learning, sight, hearing, manual, speech, or mobility accommodations to ensure access to academic and co-curricular activities. The college provides services and reasonable accommodations to all students who need and have a legal entitlement to such accommodations.

For more information regarding accommodations, you may visit the Office of Academic Support Services in LB 218, or contact the office at (609) 570-3422 / stinsona@mccc.edu

Academic Integrity Statement:

Any student who a) knowingly represents work of others as his/her own. b) uses or obtains unauthorized assistance in the execution of any academic work, c) or gives fraudulent assistance to another student is guilty of cheating. Violators will be penalized in accordance with established college policies and procedures.

Please make every attempt to come to all class sessions, to come on time and stay until the end of the class unless you have notified the instructor you are leaving early. There may be a time when you are unavoidably late for class or leave early. If that is the case please choose a seat near the room entrance. Once the class session has begun, please do not leave the room and re-enter unless it is an emergency. If you must miss a class it is you are still responsible for all material covered, for announcements made in your absence and for acquiring any materials that may have been distributed in class. It is important to stay focused on the class discussion. For this reason, only one person at a time in the class should be speaking. Side conversations are distracting for surrounding students and the instructor. Please also remember to turn off any pager or cell phone, or set it to vibrate so you do not distract the class.
Session 1   Monday
  • Review course outline and course concept
  • Restaurant operations: stations, safety and sanitation,
  • Stations standards
  • Portfolio creation assessment and standards
  • Menu development & concept

Session 2   Tuesday
  • Station portfolio draft due
  • Preliminary station set up
  • Assignment Due: Specials submitted (4 each with little mise en place, 4 each that require mise en place the day before)
  • Assignment Due: One special that included the use of “Trenton Pork Roll”

Session 3   Wednesday
  • Opening day! (almost day …. actually really early morning)
  • Standard menu items ready available for service
  • Selected specials ready to go
  • Assignment: Refine portfolio

Session 4   Thursday
  • Standard menu items ready, recipes and yields adjusted appropriately
  • Station specials ready for service
  • Assignment: Refine portfolio

Session 5   Tuesday
  • Updated portfolio time line and yield adjustments due
  • Quick specials prepared for service
  • Assignment: Refine portfolio

Session 6   Wednesday
  • Standard menu items ready, recipes and yields adjusted appropriately
  • Station specials ready for service
  • Assignment: Final draft of position portfolio is due tomorrow. Include all aspects of the portfolio
Session 7    Thursday

- Standard menu items ready, recipes and yields adjusted appropriately
- Station specials (no waste) ready for service These specials are prepared to order or can be held over for service until Monday
- **Assignment Due:** Final Portfolio presentation due. Bring two copies! One for the instructor and one for the person taking your position
- **Assignment:** Assess the portfolio over the weekend and bring in an edited version and list of changes you wish to make and submit them to the instructor on Monday. You will be graded based upon the suggestions you make and can include adjustment to the time line, more clear instructions, or any other changes you deem necessary to better explain the requirements of the position.

Session 8    Monday

- Standard menu items ready available for service
- Selected specials ready to go
- **Assignment:** Adjust the time line as necessary to further refine the position

Session 9    Tuesday

- Standard menu items ready, recipes and yields adjusted appropriately
- Station specials ready for service
- **Assignment: Refine portfolio**

Session 10    Wednesday

- Standard menu items ready, recipes and yields adjusted appropriately
- Station specials ready for service
- **Assignment: Final versions of your portfolios are due tomorrow! This will be a team effort from both people who worked that station. You will have time after production to compare notes and determine what the final versions need to include.**

Session 11    Thursday

- Final station portfolios are due!
- Practical exam from a random station
- Portfolio assessments by class
- Course review and recommended revisions
POSITION TITLE GOES HERE  
HOS 110 Breakfast Position Portfolio:

Position Overview and responsibilities:

A paragraph or two that informs a future students what they need to do if they are assigned this position

Uniform:

Tools and Equipment:

Station Diagram or photo

Recipes

Standard Recipes

Daily Special Recipes:

One day prep recipes (minimum of four required)

Recipes that require preliminary preparation (minimum of four required)

Trenton pork roll special (one required)

Timeline:
Breakfast/Pantry HOS 110
Station Responsibilities
Summer 2010

Date: __________________________

<table>
<thead>
<tr>
<th>Station#</th>
<th>Responsibilities</th>
<th>Student</th>
<th>Student</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>Dining Room Manager:</strong> Hot &amp; Cold Beverages, Menu posting</td>
<td></td>
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<tr>
<td>2</td>
<td><strong>Dining Room Server:</strong> Yogurt Bar, Fresh Fruit, Granola</td>
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<tr>
<td>3</td>
<td><strong>Dining Room Assistant Baker:</strong> Muffins, Pastry, Bagel Bar, Cream Cheese</td>
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</tbody>
</table>
| 4        | **Healthy Selections**
<pre><code>      | **Dining room Assist:** Take Out set up, Hot Cereal         |         |         |
</code></pre>
<p>| 5        | <strong>Expeditor/Chef</strong>                                          |         |         |
| 6        | <strong>Omelet Station:</strong> Omelets, Biscuits, Gravy                |         |         |
| 7        | <strong>Egg Station:</strong> Poached Du Jour, Quiche of the Day, Breakfast Sandwich |         |         |
| 8        | <strong>Roundsman / Side Stations:</strong> Hash Browns, Sausage, Bacon, Corned Beef Hash, Syrups, Breakfast Casserole or Tart, Trenton Pork Roll, Toast |         |         |
| 9        | <strong>Griddle:</strong> French Toast, Waffle, Pancake, Crepes, Fruit Compote |         |         |
| 10       |                                                             |         |         |</p>
<table>
<thead>
<tr>
<th>Item</th>
<th>Total Amount Needed</th>
<th>Recipe</th>
<th>Recipe Amount</th>
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</tbody>
</table>
Up for Breakfast!
What are you up for?

<table>
<thead>
<tr>
<th>A la Minute (Time is UP)</th>
<th>UP to you All American café</th>
<th>UPbeat &amp; Healthy</th>
<th>UPscale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Omelet dujour</td>
<td>Egg Start Omelet</td>
<td>Shrimp and avocado omelet</td>
<td></td>
</tr>
<tr>
<td>Muffins*** (1 sweet and 1 savory)</td>
<td>Eggs any style</td>
<td>Frittata</td>
<td>Eggs Benedict***</td>
</tr>
<tr>
<td>Breakfast Burrito</td>
<td>Whole Grain Waffle</td>
<td>Pancakes***</td>
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</tr>
<tr>
<td>Bagel Bar</td>
<td>Gravlax</td>
<td>Fresh fruit compote</td>
<td>Smoked salmon</td>
</tr>
<tr>
<td>Breakfast Sandwich***</td>
<td>Low fat Baked item ***</td>
<td>Stuffed ***</td>
<td>French toast</td>
</tr>
<tr>
<td>Hot Cereal***</td>
<td>Pancakes</td>
<td>Strawberry Pancakes</td>
<td>Strawberry Crepe***</td>
</tr>
<tr>
<td>Breakfast Pizza</td>
<td>Breakfast Strata</td>
<td></td>
<td>Melon &amp; Prosciutto</td>
</tr>
<tr>
<td>Bread***</td>
<td>Biscuits and Gravy</td>
<td></td>
<td>French Onion and Bacon Tart</td>
</tr>
<tr>
<td>Cheese, banana, date nut</td>
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<tr>
<td>Sweet dough pastry***</td>
<td>Yogurt Bar</td>
<td>Cheese Soufflé</td>
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<tr>
<td>Breakfast Casserole***</td>
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</table>

**Hot Beverages:**
- Coffee
- Tea
- Cappuccino
- Espresso

**Cold Beverages:**
- Milk
- Orange Juice
- V-8
- Cranberry Juice

***Du jour items

**Sides:**
- Breakfast meats ***
- Corned Beef Hash
- Hash Brown Potatoes
- Muffin
- Toast
- Fresh Fruit Jam

**Syrup Selections:**
- Blueberry Syrup
- Pure organic Maple syrup
- Butter Pecan Syrup
- Blueberry Syrup

**Take out items**