



CANADIAN BACON EGG CUP & TOAST

PORTION
SIZE:
1 SERVING

Ingredients	Quantity
JENNIE-O® Canadian Turkey Ham, sliced, 0.76 oz. 119356, 263/cs	2 slices
Cheddar cheese, shredded	½ oz.
Liquid whole eggs, commodity	2 Tbsp.
Whole grain bread, sliced, 1 oz.	1 slice
Non-stick cooking spray	2 sprays

Directions
1. Using a spoon or whisk, thoroughly mix shredded Cheddar cheese and liquid eggs together in a large mixing bowl.
2. Spray the insides of each muffin cup with non-stick cooking spray.
3. Press 2 slices of Canadian turkey ham firmly into each muffin cup. Note: slices will need to overlap each other slightly in each cup.
4. Portion ¼ cup of the scrambled egg/Cheddar mixture into each muffin cup.
5. Bake for 20-25 minutes, or until internal temperature reaches 165°F for 15 seconds.
6. Line sheet pan(s) with parchment paper, and place a single layer of bread on pan(s).
7. Lightly spray bread with non-stick cooking spray.
8. Bake until golden brown.
9. Offer each student 1 Canadian bacon egg cup and 1 slice of toast.

2 slices Canadian turkey ham provides 1.0 oz. meat/meat alternate
 1/8 cup whole liquid eggs provides 1.25 oz. eq. meat/meat alternate
 0.5 oz. shredded Cheddar cheese provides 0.5 oz. eq. meat/meat alternate
 1 slice whole grain bread provides 1 oz. eq. whole grain rich

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	212 cal	Trans Fat	0 g	Carbohydrates	14 g
Fat	11 g	Cholesterol	184 mg	Dietary Fiber	1 g
Saturated Fat	4 g	Sodium	538 mg	Protein	18 g

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