



CANADIAN BACON EGG CUP & TOAST

PORTION
SIZE:
1 SERVING

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Canadian Turkey Ham, sliced, 0.76 oz. 119356, 263/cs	100 slices
Cheddar cheese, shredded	1 lb. 9 oz.
Liquid whole eggs, commodity	6¼ c.
Whole grain bread, sliced, 1 oz.	50 slices
Non-stick cooking spray	100 sprays

Directions

- Using a spoon or whisk, thoroughly mix shredded Cheddar cheese and liquid eggs together in a large mixing bowl.
 - Spray the insides of each muffin cup with non-stick cooking spray.
 - Press 2 slices of Canadian turkey ham firmly into each muffin cup. Note: slices will need to overlap each other slightly in each cup.
 - Portion ¼ c. of the scrambled egg/Cheddar mixture into each muffin cup.
 - Bake for 20-25 minutes, or until internal temperature reaches 165° F for 15 seconds.
 - Line sheet pan(s) with parchment paper, and place a single layer of bread on pan(s).
 - Lightly spray bread with non-stick cooking spray.
 - Bake until golden brown.
- Offer each student 1 Canadian bacon egg cup and 1 slice of toast to provide 2.75 oz. eq. M/MA and 1 oz. eq. WGR.

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.

*Indicates missing Nutrient Information.

Nutrients Per Serving					
Calories	212 cal	Sodium	538 mg	Calcium	35 mg*
Fat	11 g	Carbohydrates	14 g	Vitamin A	0 iu*
Saturated Fat	4 g	Dietary Fiber	1 g	Vitamin C	0 mg*
Trans Fat	0 g	Protein	18 g	Vitamin D	0 mcg*
Cholesterol	184 mg	Iron	0.7 mg*		

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