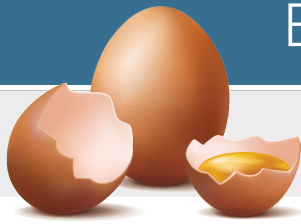


EGG BAGEL BITES



June 3

National Egg Day

INGREDIENTS

- 12 Mini Bagels (enriched or whole grain-rich, at least 28 grams each, sliced in half)
- 4 Tablespoons Butter
- 10 Large Eggs
- 1 Cup Shredded Cheese

DIRECTIONS

1. Preheat oven to 350°.
2. Line a large baking sheet with parchment paper.
3. Lightly butter each of the 24 bagel halves and place them on the baking sheet, face up.
4. Place the baking sheet in the oven and cook bagels for 15 minutes.
5. While the bagels are in the oven, crack 10 eggs and whisk until light and fluffy.
6. Scramble the eggs in a large skillet over medium heat sprayed with non-stick cooking spray.
7. Take the bagels out of the oven and place the eggs and cheese onto each slice equally.
8. Bake for an additional 10 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

24 Bagel Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Bagel Bite	1 Bagel Bite	2 Bagel Bite	4 Bagel Bite