



ENGLISH MUFFIN BREAKFAST PIZZA

April 23

National English Muffin Day

INGREDIENTS

- 4 English Muffins (enriched or whole grain-rich; split in half)
- 1 Tablespoon Butter (optional, for toasting)
- 4 Large Eggs (scrambled or fried)
- ½ Cup Pizza or Marinara Sauce (optional)
- 1 Cup Cheddar or Mozzarella Cheese (shredded)
- 4 Slices Cooked Bacon (crumbled)
- ¼ Cup Chopped Bell Peppers (optional)
- Salt and Pepper (to taste)
- Fresh Parsley or Green Onions (chopped; optional)

DIRECTIONS

1. Preheat your oven to 375°. Line a baking sheet with parchment paper or lightly grease it.
2. Place the split English muffins on the prepared baking sheet. Spread with butter if desired. Bake for 5 minutes, or until slightly toasted.
3. Cook the eggs to your liking (scrambled or fried). Season with salt and pepper. Set aside.
4. Spread a thin layer of pizza or marinara sauce on each English muffin half, if using.
5. Top with cooked eggs, shredded cheese, bacon and peppers (if using).
6. Return the topped English muffins to the oven and bake for 8–10 minutes, or until the cheese is melted and bubbly.
7. Sprinkle with fresh parsley or green onions for garnish. Serve warm and enjoy!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Breakfast

YIELD

8 Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pizza	½ Pizza	1 Pizza	2 Pizzas