

# BREAKFAST BURRITOS



*April 6*

National Burrito Day



## INGREDIENTS

- 5 Large Eggs
- 16 Ounce Can Refried Beans
- ¾ Cup Salsa
- 5 Ounces Shredded Cheddar Cheese
- 5 - 8" Flour Tortillas (enriched or whole grain rich)

## DIRECTIONS

1. Spray a skillet with cooking spray and scramble eggs until firm.
2. In a small saucepan, mix beans and salsa and heat through
3. Top each tortilla with 1 scrambled egg, ½ cup of bean mix and 1 ounce of cheese.
4. Roll tortillas into burritos and serve.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Breakfast

## YIELD

5 Burritos

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burrito	½ Burrito	1 Burrito	1 Burrito