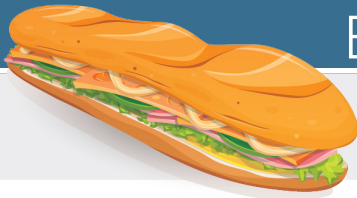


## MEAL PREP BREAKFAST SANDWICHES



November 3

National Sandwich Day



### INGREDIENTS

- 12 Eggs
- ¼ Cup Whole Milk
- 1½ Teaspoons Salt
- 6 Slices Bacon
- 2 Cups Spinach
- 12 English Muffins (at least 56 grams each; enriched or whole grain-rich)
- 12 Slices Cheese (1 ounce each)
- Butter (optional)

### DIRECTIONS

1. Preheat oven to 300°. Generously oil a rimmed half sheet pan.
2. Whisk the eggs, milk, and salt.
3. Cut the bacon into small pieces. Fry in a heavy skillet until crispy. Add the spinach and stir until wilted. Using tongs, let excess fat drip off for a few seconds before adding your bacon and spinach to the egg mixture.
4. Pour the egg mixture into the oiled half sheet pan. Bake for 15 minutes, until just set.
5. Remove, cool, and cut into rounds using a wide mason jar lid or round cookie cutter. Spread English muffins with butter (optional) and place an egg round on each one. Add cheese, wrap in foil, and voila.
6. Refrigerate (4-5 days) or freeze (no limit). To reheat, you can use the oven, microwave or toaster oven.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

-  Breakfast

### YIELD

12 Sandwiches

### PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Sandwich	¼ Sandwich	½ Sandwich	1 Sandwich