



INGREDIENTS

- 8 Eggs
- 8 Slices Cooked Bacon
- 8 Croissants (enriched or whole grain rich; at least 34 grams each)
- 1 Cup Avocado (sliced)
- 8 Slices (1 ounce each) Pepperjack Cheese
- 1 Cup Ketchup

DIRECTIONS

1. Toast your croissants for a few minutes in a 350° oven, cut side down on a cooking sheet. You can also do this in the toaster if your croissants fit in there.
2. Once the croissants are toasted and all other ingredients are ready, cook your eggs.
3. Assemble sandwiches immediately, while eggs are still warm. Add a layer of tomato sauce, eggs, cheese, bacon, and guacamole on top.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Sandwiches

PORTION SIZES

Toddler: ½ Sandwich

Preschool: ½ Sandwich

School Age: 1 Sandwich

Adult: 1 Sandwich