



BREAKFAST PIZZA BAGELS

July 26

National Bagelfest Day

INGREDIENTS

- 3 Bagels (enriched or whole grain-rich, at least 56 grams each; sliced)
- 6 Large Eggs (beaten)
- 1/8 Teaspoon Garlic Powder
- Salt and Pepper (to taste)
- 10 Fully Cooked Bacon Slices (crumbled)
- 1 Cup Shredded Mozzarella Cheese
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 415°.
2. Place bagels on an ungreased cookie sheet and set aside.
3. In a medium-sized bowl, whisk together eggs, garlic powder, salt, and pepper.
4. Cook/scramble in a medium nonstick skillet over medium-high heat.
5. Remove eggs from heat and evenly distribute scrambled eggs over bagels.
6. Sprinkle bacon over eggs.
7. Toss together mozzarella and cheddar cheeses, and cover the bacon/eggs with cheese mixture.
8. Bake for 10 minutes. Bagels will be extremely hot right out of the oven, allow them to cool briefly before enjoying.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

6 Breakfast Bagels

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/4 Breakfast Bagel	1/4 Breakfast Bagel	1/2 Breakfast Bagel	1 Breakfast Bagel