

Sunrise Cheezaquiles

A perfect start to the morning! Scrambled eggs, cheese, peppers, and crunchy Cheez-It® Crackers Made With 13g Whole Grain, Original, Bulk topped with salsa or cheese sauce.



Ingredients: 50 Servings

- 70 oz Cheez-It® Crackers Made with 13g Whole Grain, Original, Bulk
- 6 3/4 lbs scrambled eggs
- 3 lbs shredded cheese
- 5 lbs diced bell peppers
- 1 gallon salsa or cheese sauce

Directions to Prepare²

1. Prepare scrambled eggs using proper food safety guidelines.
2. Prepare 50 individual serving containers.
3. In each serving container, layer: 1.4 oz Cheez-It® Crackers (approximately 39 crackers), 2.15 oz scrambled eggs, 1 oz shredded cheese, 1.6 oz bell peppers, and top with 2 oz salsa or cheese sauce.

THIS RECIPE MEETS:
3 oz M/MA
2 oz eq Grain¹

Nutrition Facts

Serving size 1 Bowl

Calories 474
% Daily Value*

Total Fat 29g	38%
Saturated Fat 11g	59%
Trans Fat 0g	
Cholesterol 221mg	74%
Sodium 889mg	39%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 18g	0%
Calcium 288mg	22%
Iron 3.3mg	18%
Potassium 298mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Ingredients



ITEM CODE	DIST. CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
24100-12802		CHEEZ-IT® CRACKERS MADE WITH 13G WHOLE GRAIN, ORIGINAL, BULK	4 CT/48 OZ	2 OEG (1 - 1.5 OZ BAG)