

Breakfast Tortillas

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| 2 TBSP refried beans | 3 eggs beaten |
| 1 TBSP mayonnaise | 1 ½ cups shredded lettuce |
| 2 TBSP salsa | ¼ cup shredded cheddar cheese |
| 4 - 6 inch tortillas | |



In a small bowl, mix together beans and salsa. Pour beaten eggs into a medium sized non-stick skillet and cook over medium heat until set. Spread bean mixture onto one half of eggs, sprinkle cheese and flip other half over to make a half circle. Continue to cook eggs until set. Spread a thin layer of mayonnaise onto each tortilla. Cut eggs into 4 equal pieces and place one piece on each tortilla. Cover with ¼ cup shredded lettuce. Roll up and serve.

Yield: 4 servings; 1 serving = 1 grain/bread alternate,
1 fruit/vegetable alternate for 3-5 year olds.

Source: Adapted from www.allrecipes.com

Cheesy Scrambled Eggs

- 4 eggs
- 2 slices of American cheese
- 1 tsp. of margarine or butter



Crack the eggs into a bowl and stir them up with a fork. Break the cheese into little pieces and drop them in with the eggs and stir. Heat a frying pan on the stove on medium high and melt the butter. Pour in the eggs and cheese and stir while cooking.

Yield: 4 servings 1/2 serving = 1 meat alternate for 1 – 5 year olds
1 serving = 1 meat alternate for 6– 12 year olds

Source: www.kidscookingcorner.com

Breakfast Wraps

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| 6 eggs | 1 tablespoon canola oil |
| 2 tablespoons milk | 4 flour tortillas (8 inches) warmed |
| 1 cup shredded cheddar cheese | 1/4 teaspoon pepper |
| 3/4 cup diced fully cooked ham | |

In a small bowl, whisk the eggs, milk and pepper. In a large skillet, heat oil. Add egg mixture; cook and stir over medium heat until eggs are completely set. Stir in cheese and ham. Spoon egg mixture down the center of each tortilla; roll up. Serve immediately, or wrap in plastic wrap and freeze in a resealable plastic bag.

To use frozen wraps: Thaw in the refrigerator overnight. Remove plastic wrap; wrap tortilla in a moist microwave-safe paper towel. Microwave on high for 30-60 seconds or until heated through. Serve immediately.

Yield: 4 servings

1 tortilla = 1 meat/meat alternate; 1 bread/bread alternate for 6-12 yr olds

1/2 tortilla = 1 meat/meat alternate; 1 bread/bread alternate for 3 –5 yr olds

<http://www.tasteofhome.com/Recipes/Breakfast-Wraps>

Easy Breakfast Omelette Recipe

- 2 eggs
- 1 tablespoon milk
- 1/4 cup grated cheddar cheese
- Butter



Heat slightly buttered frying pan. Whisk eggs in a bowl and add milk. Pour egg mixture into pan. When the eggs start to set sprinkle with grated cheese and fold omelette over. Turn over once and serve. Add ham, mushrooms, bacon or any favorite toppings for a more substantial breakfast omelette.

Yield: 1/4 omelette = 1 meat/meat alternate for 1-2 yr olds
1/2 omelette = 1 meat/meat alternate for 3-12 yr olds

<http://www.easy-kid-recipes.com/kid-egg-recipes.html>