

# Breakfast Casserole

with Cheez-It® Original Crackers  
Made With 9g Whole Grain for Schools



## THIS RECIPE MEETS:

1 oz. Eq. Gr.

2 oz. Eq. M/MA

Calories .....	299
Total Fat .....	18g
Saturated Fat .....	9g
Sodium .....	410mg
Total Carbs .....	18g
Dietary Fiber .....	1.5g
Total Sugars .....	3g
Protein .....	14g

## Ingredients: 50 Servings

- 50 bags Cheez-It® Original Crackers  
Made With 9g Whole Grain for Schools
- 4 lbs. eggs, liquid, whole, frozen
- 2 lbs., 14 oz. Cheddar cheese, yellow, shredded, 6/5#
- 1 pt., ¼ c. onions, raw, chopped
- 1 pt., 3 tbsp., ¾ tsp. grape tomato, red, ripe, raw
- 1 pt., ¼ c. peppers, sweet, green, raw
- ¼ c. garlic powder
- ¼ c. black pepper, ground
- 2 qt., 1 pt. milk, whole, 3.25% milkfat

## Directions

1. Preheat oven to 350°F.
2. Wash produce thoroughly. Dice onions, tomatoes, and green peppers.
3. Reserve ¼ of the cheddar cheese to top casserole.
4. In a large mixing bowl, combine the liquid eggs, milk, garlic powder, black pepper, peppers, tomatoes, onions, and shredded cheddar cheese. Mix well to ensure all ingredients are evenly distributed.
5. Spray 2" hotel pan with cooking spray to prevent sticking.
6. Pour the egg mixture into the pan (3 quarts per pan) and spread it out evenly. Top with reserved cheddar cheese.
7. Bake in the preheated oven for about 25-35 minutes, or until the eggs are set and the top is golden brown. Product must reach an internal temperature of 165° for 15 seconds.
8. Allow the casserole to cool for a few minutes before cutting it into squares for serving.
9. Cut each pan into 6x4 slices. Serve with 1 bag of Cheez-It® Original Crackers for an added crunch.

ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OZ. EQ. GRAIN
24100-79263		Cheez-It® Original Crackers Made With 9g Whole Grain for Schools	175 ct./0.75 oz.	1 oz. Eq. Grain

For more information, visit [KellanovaAwayFromHome.com](https://KellanovaAwayFromHome.com)

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