

# Sunrise Cheezaquiles

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

CHEEZ-IT®



## Ingredients: 50 Servings

- 50 (1.5 oz) bags Cheez-It® Crackers Made With Whole Grain, Walkin' Taco
- 6 3/4 lbs scrambled eggs
- 3 lbs shredded cheese
- 5 lbs diced bell peppers
- 1 gallon salsa or cheese sauce

## Directions to Prepare:

1. Prepare scrambled eggs using proper food safety guidelines.
2. In each bowl, layer: 1.5 oz bag Cheez-It® Crackers Made With Whole Grain, Walkin' Taco, 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 Grain**

## Nutrition Facts

Serving size 1 Bowl

Amount per serving  
**Calories 470**

% Daily Value\*

**Total Fat** 30g **38%**

Saturated Fat 12g **59%**

Trans Fat 0g

**Cholesterol** 220mg **74%**

**Sodium** 890mg **39%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 2g **8%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 18g

Vitamin D 1.2mcg 6%

Calcium 288mg 20%

Iron 3.3mg 20%

Potassium 300mg 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 DISTRIBUTOR CODE PRODUCT NAME

24100-12803

CHEEZ-IT® CRACKERS MADE WITH WHOLE GRAIN, WALKIN' TACO

CASE

40 CT/1.5 OZ

OUNCE EQUIV. GRAIN OR M/MA

2 OEG (1 - 1.5 OZ BAG)