

Breakfast Sandwich

Maintenance to be mixed into your breakfast sandwich: egg

Ingredients:

- English muffin, croissant, or any bread of your choice
- Breakfast meat: sausage patty, bacon, or ham
- Maintenance egg
- *Optional:* cheddar cheese square



Instructions:

1. Toast your bread of choice
2. Cook your breakfast meat that will be added to your sandwich
3. Scramble your maintenance eggs on a skillet/pan
4. *Optional:* Add your cheese to your eggs
5. Place your cheesy egg and breakfast meat between your bread
6. Serve!

Storage:

- Store in the freezer for up to 1 month.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg, wheat