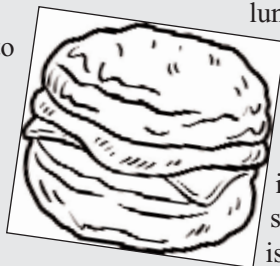


GRAB 'N GO BREAKFAST WITH EGGS

According to a recent report by Technomic, breakfast sandwiches are a growing consumer favorite. The percentage of consumers who reported they ordered breakfast sandwiches when eating away from home during the week increased from 60% in 2005 to the current 73%. Weekend breakfast sandwich purchases grew from 55% to 60% in the same time period.

Today's consumers crave convenience at breakfast time. However, they also are looking for variety and versatility. How can you meet the needs of your early morning patrons? Why not consider *Eggsploring* the world of grab'n go breakfast by adding a new egg sandwich selection to your menu! According to the National Restaurant Association, breakfast sales have grown almost 40%, and leading this growth are egg sandwiches and other grab'n go egg items.

Breakfast egg sandwiches mean opportunity! The low food cost of the egg provides the perfect base for increasing your bottom line while the versatility of the egg means the sky is the limit when it comes to creating new menu items. Grab'n go breakfast recipes are limited only by your imagination.



Look at your current breakfast menu – do you serve waffles, pancakes or English muffins? Begin here when building your new sandwich. To go even further, review the lunch and dinner menus. You may find a perfect item to support your breakfast sandwich such as sourdough bread, croissants or even baked potatoes. Do you offer a signature condiment such as salsa, marinara, or chutney at your establishment? If so, why not incorporate one of these items to build your own signature breakfast sandwich. If your establishment is already known for its pizza or burgers, offer these signature items as a grab'n go breakfast treats by simply adding an egg. Different meats, cheeses, and even methods of cooking the egg can all be experimented with to find the perfect grab'n go egg item for your menu.

Don't miss this opportunity to meet the customers' needs for convenience and great taste by adding egg sandwiches to your menu. Included are two kitchen-tested grab'n go egg sandwich ideas to get you started. For more breakfast ideas contact : American Egg Board at: www.aeb.org/foodservice, and www.incredibleegg.org, e-mail: aeb@aeb.org, or by phone; at: 847/296-7043.

Grilled Sausage & Cheddar Panini

Yield: 12 Servings

Ingredients

Weight

Measure

Eggs	2 lb. 10 oz.*	24 large
Milk	12 oz.	3/4 cup
Salt and Pepper	----	To taste
Butter	----	As needed
Cheddar cheese	1 lb. 2 oz.	24 slices
Sausage patties, cooked and kept warm	1 lb. 8 oz.	24 patties
Sourdough bread slices	Approx. 2 lb.	24 large

Method

1. In large bowl, beat eggs, milk, salt, and pepper; keep refrigerated until service.
2. For each sandwich, pour 1/2 cup egg mixture in buttered 6-inch pan over medium heat. Cook until firm throughout with no visible liquid remaining.
3. Layer each sandwich: bread, Cheddar slice, 2 sausage patties, eggs, Cheddar slice, bread.
4. In spray-coated panini machine, cook sandwiches until cheese melts and sandwiches are deep golden brown. (If using a grill pan, press/weigh-down sandwiches using smaller heavy pan.) Serve immediately.

* If using frozen or liquid whole egg product **Note:** Do not let uncooked egg mixture remain at room temperature for longer than one hour (including preparation and service time).

Egg-Pancake Sandwich

Ingredients	48 Servings	96 Servings
	2 (12 x 20 x 2-inch) pans	4 (12 x 20 x 2-inch) pans
	Weight/Measure	Weight/Measure
Regular or reduced-fat ground pork sausage*	3 lb. / ---	6 lb. / ---
Eggs	6 lb. 9 oz.** / 60 large	13 lb. 2 oz.** / 120 large
Water	32 oz. / 1 qt.	64 oz. / 2 qt.
Dried marjoram	--- / 1-1/2 Tbsp.	--- / 3 Tbsp.
Garlic salt, if desired	--- / 2 tsp.	--- / 4 tsp.
Frozen whole-grain or buttermilk pancakes (3-1/2 to 4-inches in diameter)	6 lb. 8 oz. / 96	13 lb. / 192
Reduced-fat American processed cheese slices (.75 oz. each)	2 lb. 4 oz. / 48 slices	4 lb. 8 oz. / 96 slices

1. In skillet over medium heat, brown and crumble sausage. Remove pan from heat; thoroughly drain off all fat.
2. Heat oven to 375 °F. Blend together eggs, water and seasonings. Pour 2 quarts egg mixture into each spray-coated 12 x 20 x 2-inch pan. Sprinkle approximately one pound cooked pork sausage crumbles over eggs in each pan.
3. Bake 25-30 minutes until eggs are firm throughout and temperature near center is 160°F. Cut each pan 6 x 4.
4. Heat pancakes on sheet trays in oven according to package directions.
5. To serve, layer one portion baked eggs and one slice cheese on a pancake. Cover with additional pancake. Serve immediately.

* Turkey or Chicken sausage, if available, may be substituted.

** If using frozen or liquid whole egg product

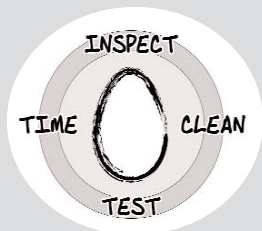


Note: Do not let uncooked egg mixture remain at room temperature longer than one hour (including preparation and service time).

Nutritional Analysis: (Per Sandwich) Calories-324, Protein-18g, Carbohydrate-26g, Total Fat-16g, Saturated Fat-5g, Cholesterol-295mg, Vitamin A-738 IU, Vitamin C-0.4mg, Iron-2.7mg, Calcium-281mg, Sodium-829mg, Dietary Fiber-1g

Egg Safety Tips

Storing



- * Take out eggs for immediate use only. Never store near grills or stoves
- * Use "First In/First Out" principle: Use older stock before any of the new shipment is used
- * Check packaging for shelf life and freshness guidelines

16