



Bagels with Cheese

Makes: 20+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10	whole grain bagels, sliced in half	10
20 slices (1½ oz each)	cheese (e.g. mozzarella, cheddar)	20 slices (1½ oz each)

Instructions

1. Preheat oven to 350°F (180°C).
2. Place bagel halves on a parchment-lined baking sheet.
3. Bake for 10 minutes until lightly toasted.
4. Remove from oven and place one slice of cheese on each bagel half.
5. Return to oven and bake for 5-10 minutes until cheese is melted and slightly golden. Cut each bagel half into two pieces.

Nutrition Information

Serving ¼ Bagel (45 g)

Calories 200

Fat 10 g

Saturated 6 g

+ Trans 0 g

Sodium 330 mg

Carbohydrates 18 g

Fibre 2 g

Sugars 2 g

Protein 11 g

Calcium 150 mg

Iron 2 mg

Food Guide Servings

1 Grain Product

½ Milk and Alternative