

Profit Potential		
Food Cost	Menu Price	Profit
\$0.74	\$3.99	\$3.25

Tabasco Spicy Ham & Egg Sandwich



Item Description	Amount	Cost
Farmland Foods Ham Slices	2 slices	\$0.05
Primera Scrambled Egg Mix	3 oz	\$0.07
McCormick Freeze Dried Chives	1/4 tsp	\$0.03
McCormick Minced Onion	1/4 tsp	\$0.03
Roth Kase Shredded Medium Cheddar	1 oz	\$0.05
Flowers Foods English Muffin	1 each	\$0.14
Lamb Weston Breakfast Cubes	4 oz	\$0.17
EarthPure Fancy Tomato Paste	1/2 cup	\$0.20
Serve with O Organics Berry Blend Cocktail		

Sauté bacon in omelet pan until crisp. Do not drain. Add eggs, chives, onions, Tabasco, salt and mix well. Grill muffin in margarine. Deep fry potatoes. Melt cheese on eggs and put on muffin. Top with tomato paste. Plate and serve.

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