

Bagel Melt with Chicken or Tuna

1 Bagel | Grains • Protein • Dairy

Ingredients

- 1 plain bagel, sliced in half
- 1 can or pouch chicken or tuna (5 ounces), drained
- 1 slice cheese or ¼ cup grated cheese
- 1 Tablespoon light mayonnaise or plain Greek yogurt



Lunch or Dinner
3rd grade +

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Slice the bagel in half using a knife.
3. Lightly toast the bagel, to make it crisp (optional) and place the halves face up on a microwave-safe plate.
4. If canned, open chicken or tuna with either the pull tab or can opener, and drain. Or, open the pouch.
5. In a bowl, mix the chicken or tuna with the mayonnaise or Greek yogurt.
6. Spoon the chicken or tuna mixture evenly onto the bagel halves.
7. Place half a slice of cheese on each bagel half.
8. Microwave for 30–60 seconds, or until the cheese is melted. Use oven mitts to remove the hot plate from the microwave.
9. Let cool for 30 seconds before eating.



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