Office Beans on Toast:

Assuming your office has a toaster oven, you can make this culinary delight quickly and easily while keeping the ingredients in your desk.  You will need bread, canned cheese, can of beans (I prefer chili beans) and aluminum foil for a pan.  Hot sauce can be used if you want.

Press the end of the canned cheese to squeeze a decent amount on two slices of bread.

Toast the bread and cheese in the toaster oven.

Open the can of beans.  Put the toast on top of a square of aluminum foil.  Put the beans on top of the toast using however much beans you like on top of the bread and cheese.  
Put everything back in toaster oven.

When warmed up, serve with your favorite hot sauce as you prefer.

Recipe from Ted in Stuart FL while on lunch break