Hens are busy ladies in the morning. Most eggs are laid between 7 a.m. and 11 a.m.

Don't skip the yolk. Nearly 50 percent of the protein and most of the vitamins and minerals are in the yolk.

Eggs have 14 percent less cholesterol than before, according to USDA data, down from 215 mg to 185 mg.

Eggs are nutrient rich, containing 64 percent more vitamin D than before, and making them one of the few foods that naturally contain vitamin D.

At an average of 15 cents a piece and less than $1.80 for a dozen, eggs are one of the most affordable protein sources.

It only takes 90 seconds to make a microwave scramble – an easy, quick way to wake up to eggs!

A single egg contains 70 calories and supplies 13 percent of the Daily Reference Value (DRV) for protein, providing mind and body energy for big days.

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There are many misconceptions about eggs, but the truth is, eggs are a nutrient-rich, convenient and affordable breakfast for kids heading back to school. Wake up to the reality of eggs and egg-ucate yourself with these interesting facts!