## Asian Bowls

### Monday
- **Ramen Flavored Your Way**
  - Minneapolis Public Schools, MN

### Tuesday
- **Vegetarian General Tso Bowl**
  - Orange County Public Schools, FL

### Wednesday
- **Ramen Bowl**
  - Cincinnati Public Schools, OH

### Thursday
- **Vegetarian Fried Rice Bowl**
  - Dallas ISD, TX

### Friday
- **Ramen Bowl**
  - Carmel Clay Schools, IN

### TIPS & TRICKS
- Bowls continue to build participation
- Layer flavors & bowl over students!
- Offer with salad bar & flavor stations
- Use whole-grain spaghetti for noodles
- Works for vegetarians & meat lovers

### Recipes
- Visit [AEB.org/5Days5Ways](http://AEB.org/5Days5Ways)

### Fortune Says...
An Asian-inspired lunch menu is definitely worth noodling over!

### Did you Know?
Eggs are one of the only foods that naturally contain vitamin D, which helps the body use calcium to build strong bones.