Buffalo Blue Chicken Salad
- Greenville County SD, SC

BLT Salad
- Palatine CCSD 15, IL

Cobb Salad
- Cobb County SD, GA

Chef Salad
- Orange County SD, FL

Spinach & Strawberry Salad
- Brevard Public Schools, FL

TIPS & TRICKS
- Students expect to see the same composition every time, so layout of ingredients & appearance are core to success
- Eggs do not weep in holding, making them an ideal protein to add to spring salads
- 72% of the schools report offering entrée salads
- Entrée salads are a great way to feature farm to school or school garden produce
- Entrée salads sell even when a salad bar is available: grab and go healthy options

Recipes at AEB.org/5Days5Ways

DID YOU KNOW?
Eggs can help you absorb the nutrients found in salad such as vitamin E & carotenoids.