BREKKFAST at school
Precooked Omelets

Monday
Western Omelet
- Greenville CS, SC

Tuesday
Cheesy Omelet & Veggie Stuffed Pocket
- Oyster River CSD, NH

Wednesday
Fajita Cheesy Omelet
- Maplewood Richmond Heights SD, MO

Thursday
Top Your Omelet Day
- Sycamore CNS, OH

Friday
Southern Cheese Omelet Biscuit
- Wake County PSS, NC

MyPlate Breakfast
Pick at least 3

EGGS in Schools
Get ENERGIZED with Eggs!

DID YOU KNOW?
The nutrients, lutein & zeaxanthin, in eggs help protect eyes from blue light emitting screens.