Ranchero Egg Tacos  
- Spring Lake Park Schools, MN

All-Day Breakfast Taco  
- Cypress-Fairbanks ISD, TX

Homemade Pancake Egg Taco  
- Jackson County Central SD, MN

Sausage, Egg & Cheese Taco  
- Sandusky City Schools, OH

Cheesy Egg Taquitos  
- Darby SD # 9, MT

**TIPS & TRICKS**
- Offer as vegetarian option on taco days
- Egg entrees are a hit with students, consider as All-Day Breakfast options
- Lunch 4 Breakfast is also gaining popularity. Eggs transform many popular lunch entrees into L4B
- Taco "wraps" can be as varied as students’ tastes
- Pair egg tacos with a tasty toppings bar:
  - DYK: 1 serving, fresh sliced jalapeños: 6.5 calories, 6.75 g sodium, and add vitamin C, too
  - DYK: Cilantro is a dark green veggie. 1.4 lbs. provides 73 – ¼ cup servings (1/8 cup credit per FBG.) Adds a fresh topping to egg tacos

**DID YOU KNOW?**
Eggs paired with whole grains, veggies & fruit provide kids with a nutritious lunch to stay alert all afternoon!

Recipes at [AEB.org/5Days5Ways](http://AEB.org/5Days5Ways)