

# HALF A DOZEN



## Reasons to Serve Eggs in School Meals



**1** Protein builds and maintains muscles<sup>1</sup>



**2** Choline is important for brain development and memory<sup>2</sup>



**3** Antioxidants lutein & zeaxanthin keep our vision intact<sup>3</sup>

## EGG NUTRIENTS IN ACTION!



**4** Vitamin D helps develop healthy bones<sup>4</sup>



**5** B vitamins turn food into energy<sup>5</sup>



**6** Iodine helps support a healthy metabolism<sup>6</sup>