



Eat Better. Learn Better.

Whether eaten at home or school, breakfast gives kids energy to learn & stay active.

Studies show that kids who eat breakfast have fewer school absences, improved test grades and fewer behavioral and disciplinary issues.*

Breakfast

Get a Jump Start on Your Day!

Breakfast tends to be the most nutrient-packed meal of the day. The protein power of eggs, in combination with a well-balanced breakfast, can help keep kids satisfied and fueled throughout the entire school day.



Lunch

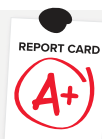
...Think Eggs!

Eggs aren't just for breakfast. They are a nutrient-rich, all-natural protein source for any time of day. All-day breakfast is a popular trend with kids at home and at school. Whether atop a salad or a bowl of ramen or tucked inside a sandwich or burrito, the taste and familiarity of eggs appeal to kids of all ages.



Stay Energized with Snacks!

Eggs are the MVP (most valuable protein) for active kids on the go, providing kids with energy to power through their after-school activities. For student athletes, eggs help build, maintain and repair muscle. Since snacking at home isn't always an option before a practice, game or extracurricular activity — Smart Snacks supply kids with nutritious, portable and quick meals.



Drive school meal participation with free, downloadable materials, go to AEB.org/ToolsForSchools



incredible!
American Egg Board