Eggs in Schools

Pick at least 3:

- **PROTEIN**
  Pick a lean protein

- **GRAIN**
  Choose a whole grain

- **MILK**
  Add a serving of milk

- **FRUIT & VEGGIES**
  Must take a serving of fruit or veggies

Energize with a **PROTEIN-PACKED LUNCH**

**DID YOU KNOW?** Eggs are jam-packed with protein & important vitamins & minerals that help you build muscle and feel strong!

**Tip** Choose servings from at least 3 groups to qualify as a combo meal.