Eggs are a Nutrition Powerhouse.

Why serve Eggs?

- Eggs can support any school meal program as an all-natural source of high-quality protein.

Cognitive Function

Eggs contain nutrients that are important for brain health, such as lutein and choline. Lutein is an antioxidant that supports normal brain function and choline affects the areas of the brain responsible for memory and life-long learning ability.1,2

Nutrient Package

One large egg contains varying amounts of 13 essential vitamins and minerals, 6 grams of high-quality protein, all for 70 calories. Plus, eggs are one of the only foods that naturally contain vitamin D, which is especially important for school-aged children for calcium absorption and bone building.3,4

Protein + Satiety

The protein in eggs can help promote fullness and reduce hunger. One study found that students who ate eggs for breakfast, compared to a high carb breakfast, were less hungry throughout the morning.5

NEW Videos! Watch our NEW HOW-TO VIDEO SERIES and get step-by-step instructions for cook-in-bag eggs, hard-boiled eggs, egg patties, EggPops and smart snacks! AEB.org/SchoolsHowTo

Cook-in-Bag

Cook-in-Bag (CNB) eggs are a convenient way to prepare scrambled eggs for service on a cafeteria line or for inclusion in sandwiches, breakfast bowls or other delicious entrees.

AEB.org/CookInBagHowTo

Hard-Boiled

Not only are hard-boiled eggs kid-friendly, they offer an easy way to add protein to salads, sandwiches, bowls and more. With this single all-natural protein source, you get incredible menu versatility.

AEB.org/HardBoiledHowTo

Egg Patties

Making egg sandwiches couldn’t be easier than with frozen precooked egg patties—heat and assemble. Available in various shapes, they offer menu planners great on-trend breakfast and lunch options.

AEB.org/EggPattyHowTo

Smart Snacks

Hard-boiled eggs are now exempt from the standards for total fat and saturated fat and can be sold as a Smart Snack in schools. Tip: Pair with fruits and veggies for the perfect snack.

AEB.org/SmartSnackHowTo

EggPops

Eating hard-boiled eggs on a stick is a F-U-N way to get your students to eat high-quality protein. They can be eaten plain or dusted with seasoning or dipped into a sauce or dressing for added flavor.

AEB.org/EggPopHowTo

Sources:

6Baum, Ji, Gray, M and Binns, A. “Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age” J Nutr 2015;145:2229–35.

For incredible recipes and resources, visit AEB.org/Schools

© 2017 American Egg Board