

**EGGS**  
in  
Schools  
#egginschools

the  
**INCREDIBLE EGG**

**AMERICAN EGG BOARD**

**LUNCH at school**  
French Salads

**LUNCH at school**  
Excellent Tacos

**LUNCH at school**  
Asian Bowls

**BREAKFAST in the Classroom**

**Monday**  
Buffalo Chicken  
- Greenville County

**Monday**  
Ranchero Tacos  
- Spring Lake Schools

**Monday**  
Ramen You  
- Minnetonka Schools

**Monday**  
Warm HBE & Toast  
- Orange County SD, FL

**Tuesday**  
Egg-a-Doodle-Do Breakfast Muffin  
- Des Moines PS, IA

**Wednesday**  
Egg & Toast

**Thursday**

**Friday**

**TIPS & TRICKS**

- Did you know you can warm up hard-boiled eggs? We do now, thanks to OPCS.
- You can use so many great local & USDA Foods with homemade muffins.
- Muffins can be sweet or savory, offer each to please more kids.
- Naming your creations builds your brand & sales.
- Avocados are available fresh or frozen — and so on-trend — kids will wait in line for them.

Recipes at [AEB.org/5Days5](http://AEB.org/5Days5)

**POWER UP**  
vegetarian  
EGG  
salad boxes  
on the go!  
Eat Better. Learn Better.

**Protein Power**

**ASIAN BENTO BOX**  
salads  
sticks  
stir fries

**Smart FUEL**  
Breakfast after the Bell  
portable

**Bistro Box**  
Summer Feeding

**FUELING MINDS.**

**Grab it GO!**

**EGGS in Schools**

**Rock your school day with eggs!**

Eggs are jam-packed with protein and important vitamins and minerals that help you stay focused and **ROCK ON!**

- Delicious
- Nutritious
- Fun!

**TOOLS FOR Schools**



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WELCOME!

# Welcome to the American Egg Board's Tools for Schools Resource Kit!

Developed to help you maximize meal potential, this tool kit includes resources on how to make, menu and market eggs to help keep students satisfied longer, focused on learning and powered for extracurricular activities.

## **This kit will support your existing school meal planning efforts with:**

- Important nutritional information on the benefits of eggs
- 🍴 Inspiring recipes that reflect today's youth taste preferences
- ▶ Videos to educate school nutrition staff
- ✂ Marketing Materials for Schools—ready-to-use or customize to fit your needs: Go to [incredibleegg.org/schoolnutrition](https://incredibleegg.org/schoolnutrition)
- 👤 Sample menu plans and REAL school recipes to serve eggs **5 Days, 5 Ways®** across the menu cycle  
Farm to school resources

**We'd love to see how you are using our tools and recipes. Please share your photos with Maribel Alchin at [malchin@aeb.org](mailto:malchin@aeb.org).**



## BRAIN HEALTH

- The 2020-2025 Dietary Guidelines for Americans recommend eggs for the nutrition **babies** need for brain development. The Guidelines highlight the importance of choline, a nutrient rich in eggs while recommending eggs as a first food for babies to reduce risk for an egg allergy.<sup>1</sup>
- New research shows **lutein** may play an important role in cognition, as well as **eye health**.<sup>2</sup>



## NUTRIENT PACKAGE

- Eggs are an all-natural, high-quality protein powerhouse. Eggs are good or excellent source of 8 essential nutrients as well as the carotenoids lutein and zeaxanthin (252mcg), all for only 70 calories.<sup>3</sup>
- Eggs are one of the few **natural food sources of vitamin D (6% DV)**, which is especially important for **school-aged children** for calcium absorption and building bone.<sup>4,6</sup>



## HIGH-QUALITY PROTEIN

- Eggs are a good source of high-quality protein. High-quality protein, like the protein in eggs, has all the essential amino acids to help **maintain and repair muscle while supporting bone health**.<sup>5, 7</sup>
- Eggs contain important nutrients for teenagers: the Guidelines encourage eggs for **pre-teens and adolescents**, especially girls, because of the protein and choline they provide.

### Sources:

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025.
2. Wallace, T.C., A Comprehensive Review of Eggs, Choline, and Lutein on Cognition Across the Life-span. J Am Coll Nutr, 2018. 37(4): p. 269-285.
3. US Department of Health & Human Service, Nutrient Data Laboratory. USDA National Database for Standard Reference. Release 28. Basic Report: 01123.
4. US Department of Health & Human Services. National Institute of Health, Office of Dietary Supplements. Vitamin D Fact Sheet for Health Professionals.
5. Schaafsma, G., The protein digestibility-corrected amino acid score. J Nutr, 2000. 130(7): p. 1865s-7s.
6. 2015-2020 Dietary Guidelines for Americans, page 111.
7. Coheley, L.M., et al., Whole egg consumption and cortical bone in healthy children. Osteoporos Int, 2018. 29(8): p. 1783-1791.

# HALF A DOZEN REASONS TO SERVE EGGS IN SCHOOLS



Protein supports muscle health<sup>1</sup>



Choline is important for brain health<sup>2</sup>



Carotenoids lutein & zeaxanthin help keep eyes healthy<sup>3</sup>



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



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



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

**MAKE EVERY BITE COUNT!**  
ONE OF THE BEST FOODS FOR HEALTHY BRAIN DEVELOPMENT IS ALREADY IN YOUR REFRIGERATOR: EGGS!

FOR RECIPES AND TIPS FOR FIRST FOODS, VISIT [EGGNUTRITIONCENTER.ORG](http://EGGNUTRITIONCENTER.ORG)

THE INCREDIBLE EGG | EGG NUTRITION CENTER

The high-quality protein in eggs helps maintain & repair muscle while supporting bone health.

Introducing eggs when a baby is developmentally ready (4-6 months of age) may be associated with reduced risk of egg allergy.

Just one large egg provides the daily choline needs for babies & toddlers.

The 2020-2025 Dietary Guidelines recommends EGGS as first food for babies & toddlers!

Eggs are an excellent source of choline, a nutrient important for brain health.

**What is Choline?** CHOLINE IS AN IMPORTANT NUTRIENT FOR MEMORY, MOOD, MUSCLE CONTROL & OTHER BRAIN & NERVOUS SYSTEM FUNCTIONS.

View & download here <https://www.incredibleegg.org/professionals/k-12-schools/tools-for-schools>

#### Sources:

1. [www.eggnutritioncenter.org/topics/physical-performance](http://www.eggnutritioncenter.org/topics/physical-performance)
2. Caudill MA, Strupp BJ, Muscalu L, Nevins JEH, Canfield RL. Maternal choline supplementation during the third trimester of pregnancy improves infant information processing speed: a randomized, double-blind, controlled feeding study. *FASEB J*. 2018 Apr;32(4):2172-2180.; Wallace TC. A Comprehensive Review of Eggs, Choline, and Lutein on Cognition Across the Life-span. *J Am Coll Nutr*. 2018 May-Jun;37(4):269-285.
3. Mares J. Lutein and Zeaxanthin Isomers in Eye Health and Disease. *Annu Rev Nutr*. 2016 Jul 17;36:571-602.
4. Vitamin D. National Institute of Health. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
5. Institute of Medicine. 1998. Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, DC: The National Academies Press. <https://doi.org/10.17226/6015>.
6. Iodine Fact Sheet for Consumers. National Institute of Health.ods. <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>

Nutrient Dense: **1** Large Egg = **70** Calories + **8** Essential Nutrients

Good or Excellent Source of

**It All Adds Up!**

## NUTRITIONAL

- High-quality protein
- Good or excellent source of 8 essential nutrients
- All-natural food

## LOW IN CALORIES

- Only 70 calories in one large egg
- Satisfying ingredient or snack

## ON TREND IDEAS

- Protein snacks for mind & body
- All day breakfast
- Ethnic inspired recipes

## PORTABLE

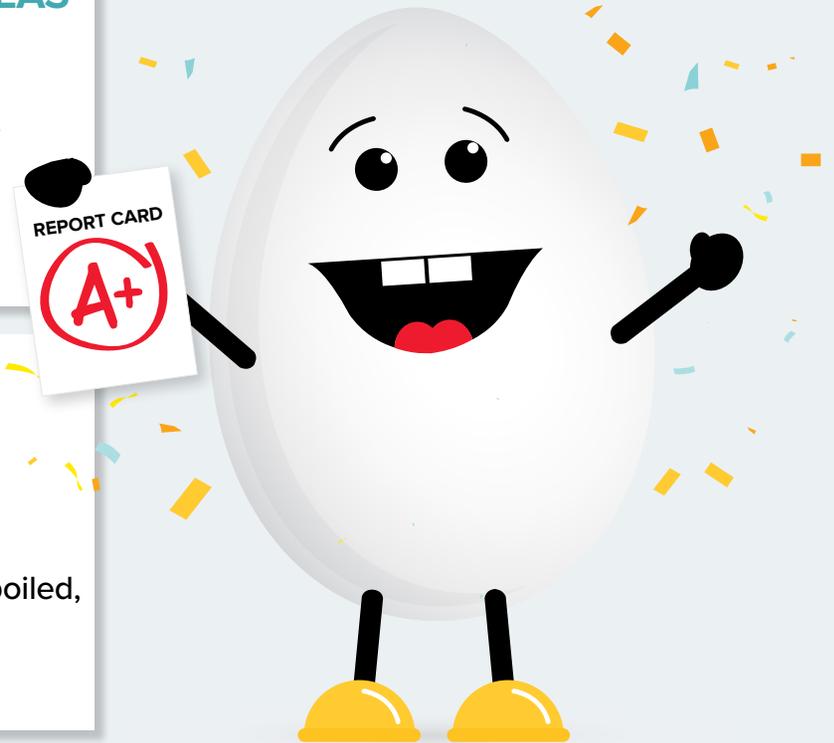
- Protein boxes
- Grab n' go breakfast
- Sandwiches & wraps
- Shaker salads

## AFFORDABLE

- Cost-effective protein option
- Versatile ingredient to support inventory cost

## VERSATILE

- Breakfast, lunch, supper, snacks & beyond
- Scrambled, hard-boiled, patties, omelets



1. USDA National Nutrient Database <https://fdc.nal.usda.gov/fdc-app.html#/food-details/748967/nutrients>

## CLASSROOM



**Memory Card Game**  
K-2nd grade



**MyPlate Activity**  
3rd-5th grade

## MARKETING SUPPORT FOR SCHOOL NUTRITION PROGRAM



**Printable Food  
Packaging  
Label [here](#)**



**Parent  
Educational  
handout**



**Social media  
graphics & Tweets**

[incredibleegg.org/professionals/k-12-schools/](http://incredibleegg.org/professionals/k-12-schools/)



6-12<sup>th</sup> grade

## Cook & Learn Videos

Learn basic & advanced egg cooking techniques along with info about the incredible nutritional benefits of eggs.

WATCH >

# EGGS

## 101 Videos

Short videos tell the story of how eggs get from the farm to our tables.

WATCH VIDEOS >

4th-8th grade

## VIRTUAL EGG FARM field trips

Join America's egg farmers in exploring their farms!

EGGSPLORE >

K-8th grade



Veggie Egg Pops

Caprese Egg Muffins

Quick & Easy Recipes for cooking demos [here](#)

## EGGS in Schools A Day on an Egg Farm

Informational text, acquiring vocabulary (RI.5.3, RI.5.4)

Read the article!

Find the boldface word in the article that matches each definition:

- cleaned, disinfected
- something that will lead to good health
- kept cool or cold
- tested eggs using a light
- amusing or playful behaviors
- mechanically, without any help
- easily broken
- narrow, open containers for animal food or water
- warmmed, looked over carefully
- assessed the quality
- lets some light through
- dampness in the air

What's the door to the chicken house called?  
To answer the riddle, write each circled letter on the matching numbered line or lines.

6 2 7 12 11 9 8 10 1 9 4 3

Grade 5 IncredibleEgg.org/Classroom

K-12 lesson plans on:

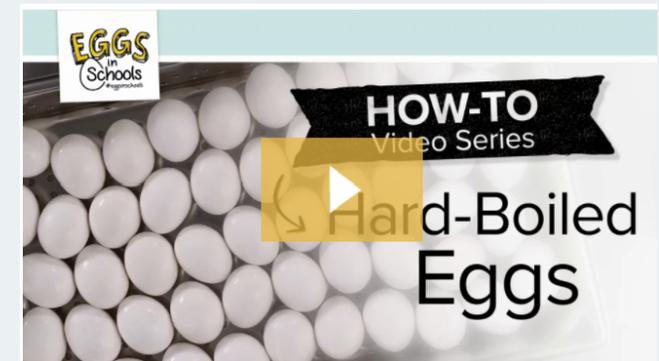
- Egg production
- Nutrition
- Math
- Reading

Resources at [incredibleegg.org/classroom](http://incredibleegg.org/classroom)

## HOW-TO VIDEO SERIES

INSPIRATION *and* INSTRUCTION

- Find inspiration in eggcellent real school recipes
- Master egg cooking techniques
- Communicate the protein power of eggs



View videos at [incredibleegg.org/schoolnutrition](https://incredibleegg.org/schoolnutrition)



The 5 Days / 5 Ways® program provides school nutrition directors with school-tested menu plans that minimize inventory costs while maximizing egg product use by serving eggs multiple ways across a menu cycle.

**GRAB n' GO Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Chilaquiles - Escondido Union School District, CA	Ramen Noodle Bowls - Coppell ISD, TX	Zucchini Muffins - Greenville School District, SC	Egg Salad Sandwich - Caesar Rodney School District, DE	MMS Café Protein Kit - MMS Café, Mentor School District, OH

**TIPS & TRICKS**

- The speed-scratch chilaquiles recipe is easy to serve in a bowl or boat for remote service.
- When left-over is not available, offer ramen noodle sides in a pre-wrapped boat. Delight students by adding in flavors.
- Fresh baked seasonally flavored muffins made with eggs can be served for BC, as is or a perfect grain for a vegetarian salad, fruit and yogurt or egg salad plate.
- Egg salad is a tried and true vegetarian sandwich with a protein punch for on-the-go students!
- Local eggs are served in many school meals from breakfast to lunch and now grab n' go too!

**DID YOU KNOW?**  
Pairing plant foods with high-quality protein like eggs supports healthy muscles & strong bones.

Eggs help students eat more veggies!

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

**GRAB n' GO Protein Boxes**

Monday	Tuesday	Wednesday	Thursday	Friday
Power Protein Kit - Charleston County SD, SC	Pretzel Power Pack - Trenton Special SD, TN	Protein Power Punch - Cornwall-Lebanon SD, PA	Breakfast Protein Kit - Kittery School District, ME	Protein Bento Box for K-8 - Tullahoma City Schools, TN

**TIPS & TRICKS**

- Grab n' Go concepts are great for remote, emergency and summer feeding, and supports too.
- Charleston School District offers fresh fruit to entice kids to eat more of the servings.
- Tullahoma rolled out bento boxes first at high schools, then rolled it out for K-8, who love them.
- Kittery School District likes to have fun. Bright cereal + fresh fruit are great substitutes to a nutritious hard-boiled egg.
- Trenton Special School District loved our original protein kits, and middle schoolers love it!

**DID YOU KNOW?**  
Eggs keep you FULL LONGER!

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

**POPular All Day Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
Pacos - Grapevine-Colleyville ISD, TX	Huevos Ranchero Bowl - Wake County SD, NC	Brunch Bento Box - Cornwall-Lebanon SD, PA	Breakfast Burrito with Green Avocado Salsa - South Pasadena USD, CA	Waffle, Egg & Bacon Sliders - Washoe County School District, NV

**TIPS & TRICKS**

- All Day Breakfast is an easy and popular Pop-Up, which both Washoe and Grapevine-Colleyville used to great success with their shared recipe.
- For Pacos: "To keep pancakes moist, wrap pan in bun bag and hold in warmth, and they hold up great!"
- Eggcellent ethnic favorites, with some speed-scratch options, expand menu possibilities without increasing inventory.
- For breakfast burritos, a delicious school-made sauce is included, but many great pre-made salsas are also available.
- Cornwall-Lebanon shares: Add a cereal bar or daily grain to make this tasty breakfast favorite a reimbursable lunch.

**DID YOU KNOW?**  
Eggs are a GOOD or EXCELLENT source of essential nutrients.

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

Click [here](#) to view weekly sample menus, REAL school recipes & tips n' tricks for serving/cooking eggs.

**PROTEIN BOXES**

Serve nutritious, on-the-go options that fuel students, so they can:

- ✓ Focus on learning during class time
- ✓ Maintain energy for extracurricular activities
- ✓ Maintain a healthy diet pattern



**PITA PERFECT PROTEIN BOX**  
Egg, tomatoes, cucumber, pita & hummus



**WRAPIDO PROTEIN BOX**  
Egg, cheese cubes & whole grain wrap



**POPSTAR BREAKFAST PROTEIN BOX**  
Egg, fresh strawberries/blueberries & graham crackers



**SALAD BAR SIDEKICK PROTEIN BOX (K – 8)**  
Egg, crackers, croutons & sunflower seeds



**SALAD BAR SIDEKICK PROTEIN BOX (9 – 12)**  
Egg, toasted edamame, cheese stick & whole grain roll



**MVP PROTEIN BOX**  
Egg, cheese cubes & trail mix

Think Inside the Box. For more Protein box inspiration go [here!](#)

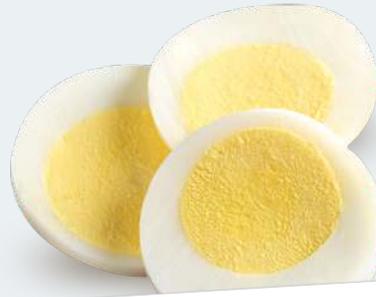
# Smart SNACKS

- According to the USDA Smart Snacks in Schools Standards, hard-boiled eggs supply a “nutrient-dense” option for snacks in schools
- Paired with whole grains, fresh vegetables and fruits, they provide delicious and nutritious meal and snack options
- Use in protein boxes, salads, wraps, Smart Snacks and more



WHOLE

Perfect for grab n' go protein boxes, Smart Snacks, Breakfast in the Classroom, etc.



SLICED EGGS

Top a sandwich, salad or entrée



DICED EGGS

Perfect for wraps, tacos and salads



WEDGES

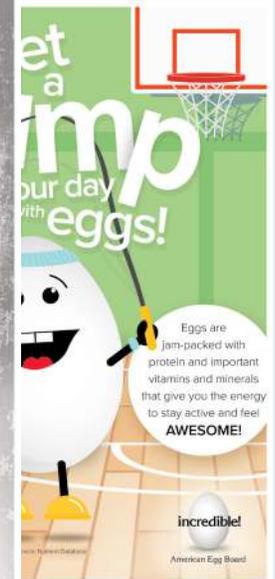
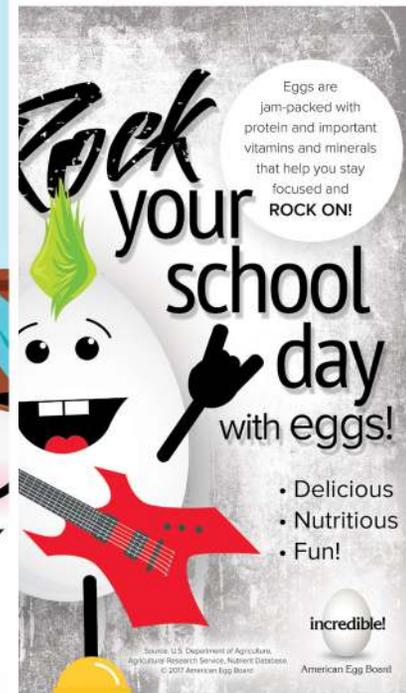
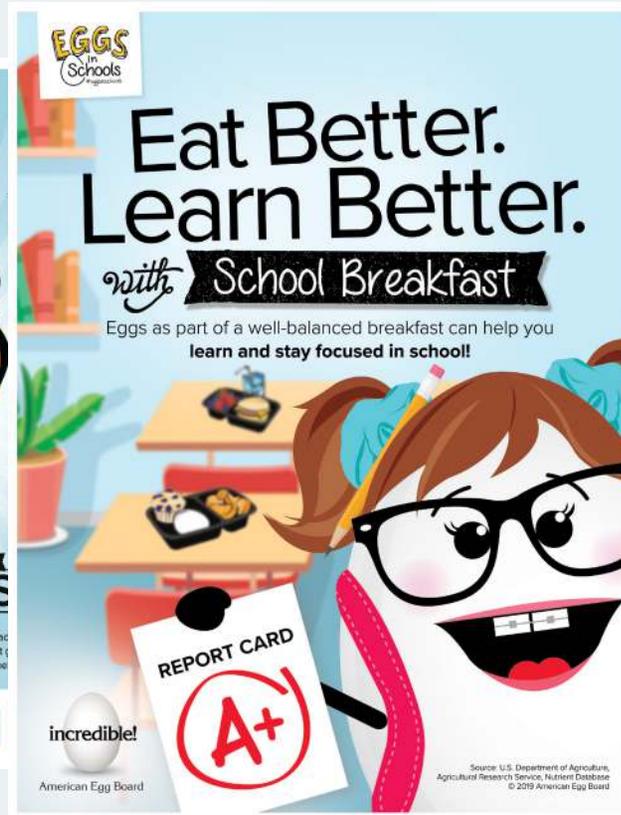
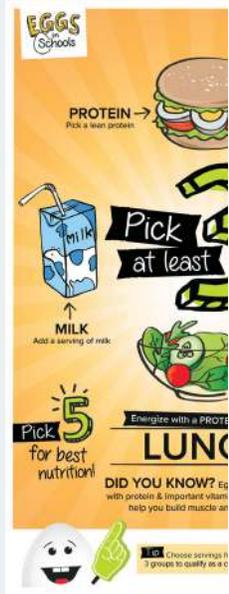
Makes a great snack or salad bar sidekick

Click [here](#) to get hard-boiled egg REAL school recipes!



USDA Guide to Smart Snacks in School Guide  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

# FUN WAYS TO COMMUNICATE THE BENEFITS OF EGGS

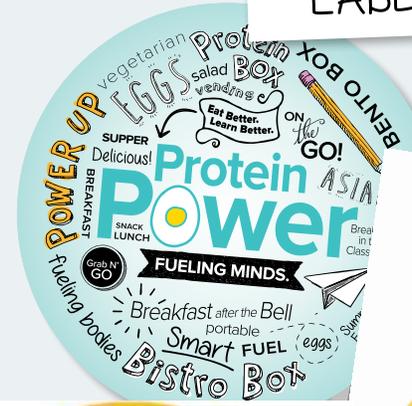


Download ready-to-use posters [here!](#)

Increase meal participation  
with Kid-Friendly labels!

TATTOOS *and* STICKERS

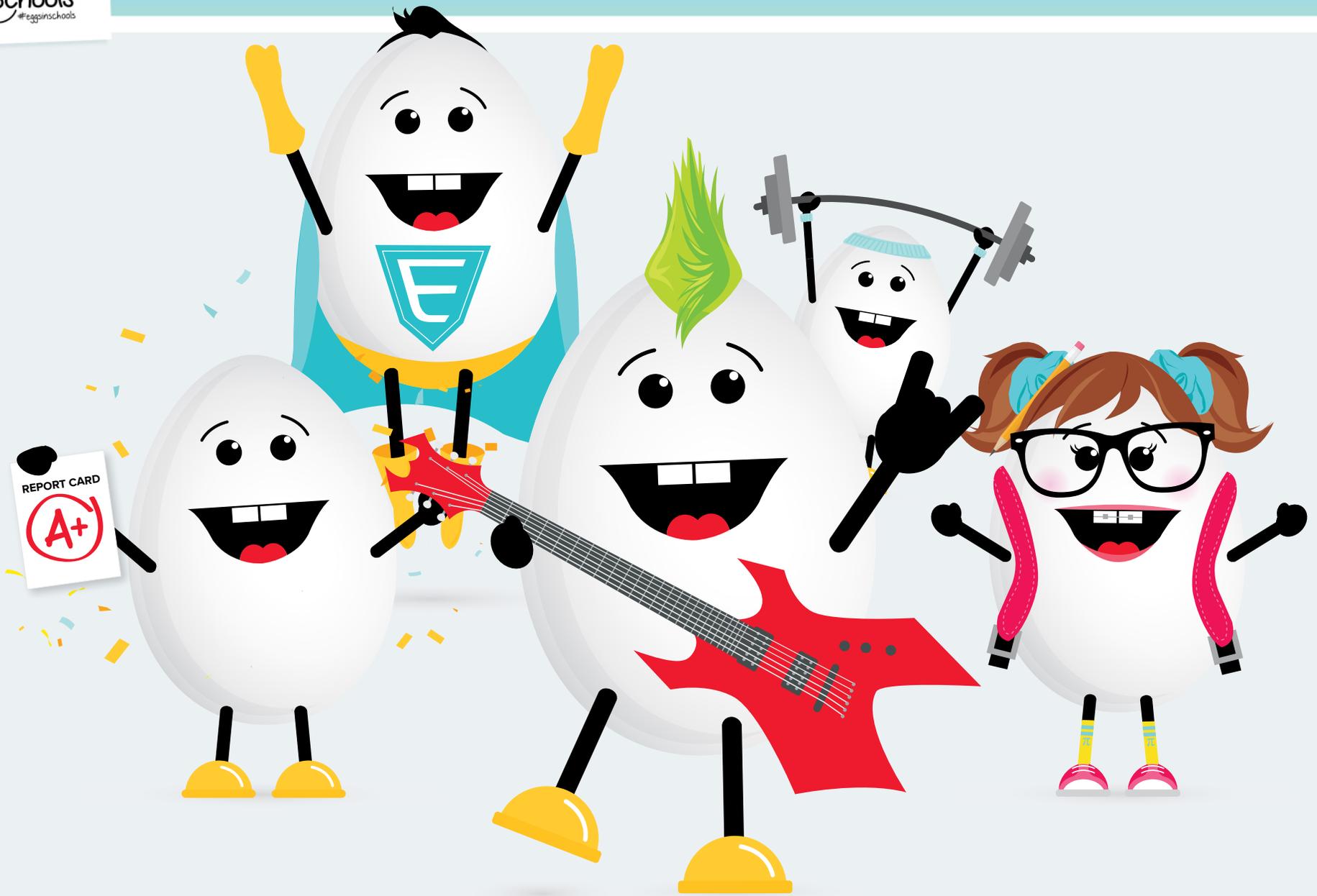
LABELS *and* STICKERS



Enhance the visual appeal of food packaging with fun labels.

Kid-friendly tattoos & stickers [here!](#)

Download kid-friendly labels [here!](#)



Click [here](#) for more characters & downloadable artwork.



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**About American Egg Board (AEB)**

AEB connects America's egg farmers with those interested about The incredible egg. For more information, visit [incredibleegg.org](http://incredibleegg.org).



AEB is a member of the American Commodity Distribution Association (ACDA) and School Nutrition Foundation (SNF)