



# Cracking the Lunch Code

Six New Hard-Boiled Egg Recipes for School Nutrition Services

**incredible!**



American Egg Board

# Eggs Add Protein Power to School Meals



**Whole** – Helps create a filling, protein-packed box lunch, supper or snack, or serve à la carte



**Wedges** – Makes a great snack or salad protein partner



**Sliced Eggs** – Top a sandwich, salad or plate with vegetables



**Diced Eggs** – Perfect for salads, tacos or wraps

**REAL** eggs have proven their worth on the menu more than a dozen times over when it comes to school breakfasts. It's easy to expand their use into lunches, snacks and suppers too. Hard-boiled eggs offer school nutrition operators a convenient and affordable meat/meat alternate to create enticing meals students will love. Available precooked or prepared in-house, they answer the search for an affordable ounce-for-ounce meat alternate that's familiar to kids, tasty and satisfying. This protein powerhouse offers versatility perfect for sandwiches, wraps, salads and snacks in four easily prepared forms, either diced, sliced, wedges or whole hard-boiled eggs.



# Six New Recipes

American Egg Board presents a new set of appetizing and appealing recipes and concepts developed by school nutrition professionals specifically for school meals. Complete nutritional analysis and preparation instructions are available for download on our school nutrition website: [AEB.org/SchoolRecipes](http://AEB.org/SchoolRecipes)



## Shake Up Chopped Salad

Easy to prepare, portion, display and serve, this shake up salad contains all of the best elements of a salad bar, premade in a handy single-serve container. The seven-ounce salad features layers of diced hard-boiled eggs, chicken, sweet peppers and tomatoes, chopped green onion and tender spring peas topped with buttermilk ranch dressing.



## Egg & Ranch Roll Up ✓

Diced hard-boiled eggs blend with shredded Cheddar cheese, buttermilk ranch dressing and sweet red pepper strips inside a soft whole-grain tortilla for this colorful and tasty, protein-packed lunch option.



## Bistro Egg Sandwich ✓

Sliced hard-boiled eggs are served on top of mixed baby greens with fresh sliced tomatoes and honey mustard dressing, nestled in a whole-grain Kaiser roll.



## Protein-Packed Veggie Salad ✓

This hearty and healthy lunch salad option features wedges of hard-boiled egg paired with seasoned Great Northern beans, haricots verts, red-skinned potatoes, fresh tomato wedges and fresh chopped romaine lettuce, topped with a robust herb vinaigrette.



## Spinach Salad ✓

Hard-boiled eggs accompany spinach in this vitamin and protein-packed salad option. One six-ounce salad with an ounce of dressing contains sliced hard-boiled eggs, fresh baby spinach, fresh sliced mushrooms, sweet red pepper strips, topped with dried cranberries and balsamic vinaigrette.



## Protein Box Lunch (K-8) ✓

A protein packed lunch supplies fuel to hungry students for their studies. One large hard-boiled egg pairs up with baby carrots, fresh broccoli florets and a one-ounce cup of Ranch dip, along with a whole-grain bagel, grape jelly and choice of fruit for a filling meal.



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## The affordability of eggs allows more menu flexibility.

One large 2-ounce egg credits as 2 oz. eq. meat/meat alternates in school meals – at a cost of \$0.20 or less per 2 oz. eq. m/ma. Using eggs saves money on entrées – and allows menu planners to devote more tray cost to fresh produce and other more expensive items.

menu **flexibility**

**2** **oz** =  4 oz yogurts

in school meals  
— at an average cost of —  
**\$0.20** or less  
per 2 oz. eq. m/ma

## Features & Benefits of Hard-Boiled Eggs

- **Acceptable** — Students of all ages are familiar with and enjoy hard-boiled eggs.
- **Affordable** — One-ounce hard-boiled egg equals one oz. eq. meat/meat alternate in school meals for approximately \$0.10 per serving.
- **Convenient** — Precooked hard-boiled eggs save preparation time and labor in the kitchen.
- **Gluten Free** — Hard-boiled eggs fit into special meal considerations.
- **Inventory Friendly** — Multi-purposed hard-boiled eggs help turn inventory.
- **Labor Saving** — Purchase precooked or prepare on site; hard-boiled eggs fit easily into any school nutrition operation.
- **Safe** — Further processed eggs are pasteurized.
- **Vegetarian** — Hard-boiled eggs in any form help build flavorful vegetarian recipes.
- **Versatile** — Breakfast, lunch, snacks or supper, hard-boiled eggs fit every meal occasion.

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