LUNCH at school
Asian Bowls

Monday
Ramen Flavored Your Way
- Minneapolis Public Schools, MN

Tuesday
Vegetarian General Tso Bowl
- Orange County Public Schools, FL

Wednesday
Ramen Bowl
- Cincinnati Public Schools, OH

Thursday
Vegetarian Fried Rice Bowl
- Dallas ISD, TX

Friday
Ramen Bowl
- Carmel Clay Schools, IN

TIPS & TRICKS
- Bowls continue to build participation
- Layer flavors & bowl over students!
- Offer with salad bar & flavor stations
- Use whole-grain spaghetti for noodles
- Works for vegetarians & meat lovers

Recipes at AEB.org/5Days5Ways

Did you KNOW?
Eggs are one of the only foods that naturally contain vitamin D, which helps the body use calcium to build strong bones.