

HALF A DOZEN



Reasons to Serve Eggs in School Meals



1 Protein builds and maintains muscles¹



2 Choline is important for brain development and memory²



3 Antioxidants lutein & zeaxanthin keep our vision intact³

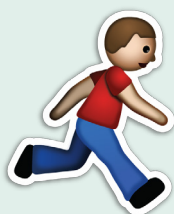
EGG NUTRIENTS IN ACTION!



4 Vitamin D helps develop healthy bones⁴



5 B vitamins turn food into energy⁵



6 Iodine helps support a healthy metabolism⁶