Rock your school day with eggs!

- Delicious
- Nutritious
- Fun!

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

Back to School Tools for You

School Tool Kit 2017-2018
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Welcome to the American Egg Board’s Back-to-School Menu Planning Resource Tool Kit!

This tool kit has been developed to help you maximize the potential for great-tasting, nutrient-rich, nutritious breakfasts, lunches and snacks that will keep students satisfied longer and launch them on the right track to focus on learning and maintain energy 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
- Tools For Schools – ready-to-use or customize to fit your needs: AEB.org/ToolsForSchools
- Success Stories from other schools: AEB.org/SuccessStories

We’d love to see how you are using our tools and recipes. Please send in photos of your efforts to Amanda Francese at afrancese@aeb.org.
**RECENT RESEARCH CONFIRMS THAT EGGS ARE A NUTRITION POWERHOUSE!**

**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.

**NUTRIENT PACKAGE**

- One large egg contains varying amounts of 13 essential vitamins and minerals 6 grams of high-quality protein (2mma equivalents), all for just 70 calories.

- Eggs are one of the only foods that naturally contain vitamin D, which is especially important for school-aged children for calcium absorption and building bone.

- 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.

**PROTEIN & SATIETY**

Sources:
THERE ARE MORE THAN HALF A DOZEN REASONS TO SERVE EGGS IN SCHOOLS

Protein builds & maintains muscles¹

Choline is important for brain development & memory²

Antioxidants lutein & zeaxanthin keep our vision intact³

Vitamin D helps develop healthy bones⁴

B vitamins turn food into energy⁵

Iodine helps support a healthy metabolism⁶

Sources:
1. www.eggnutritioncenter.org/topics/physical-performance
EGGS SUPPORT MEAL PROGRAMS ON SEVERAL LEVELS

Nutrient Dense:

1 Large Egg = 70 Calories + 6g Protein + 13 Various Vitamins & Minerals


NUTRITIONAL
• High-quality protein
• 13 Various vitamins & minerals
• 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, snacks
• Scrambled, hard-boiled, patties, omelets

REPORT CARD
A+
HARD-BRILED EGG IN SCHOOLS

Delicious and Nutritious

1. Egg proteins, like milk and beef proteins are readily digestible and contain all of the essential amino acids
HARD-BOILED EGGS ARE THE MVP IN SCHOOL MEALS

• A convenient way to incorporate a nutrient-rich protein source into school meals
• 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 & more

CLICK HERE For hard-boiled egg ideas & resources!
PROTEIN BOXES: GRAB N’ GO FOODS CAN FUEL STUDENTS FOR THE WHOLE DAY

ON THE GO PROTEIN BOXES

DOWNLOAD On-the-Go protein boxes info sheet!
PROTEIN BOXES: GRAB N’ GO FOODS CAN FUEL STUDENTS FOR THE WHOLE DAY

PROTEIN BOXES

It’s important to 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. We Have. CLICK HERE for protein box inspiration!
EGGPOPS: A FUN, NEW WAY TO EXPAND KIDS’ SNACK CHOICES

EGGPOPS
A fun way to meet school nutrition guidelines

• Offer EggPops for breakfast, as a grab n’ go snack or pair with fruit and whole grains for a balanced lunch

• Take a hard-boiled egg, insert a stick (or a carrot/celery stick) and dust with savory spices or dip in sauce for enhanced flavor and taste

• Increase meal participation and let kids customize their own by offering a variety of flavor options:
  ✓ Ranch Eggs
  ✓ Garlic Aioli
  ✓ Bacon & Egg on a Stick
  ✓ Sriracha-cha-cha

LEARN MORE about EggPops!

Schools across the country celebrated National School Breakfast Week by serving students EggPops!

CLICK HERE to download this free EggPops brochure

CLICK HERE for poster templates to add excitement to the cafeteria

CLICK HERE for exciting pix of the festivities & to learn more!
SMART SNACKS: OFFER HARD-BOILED EGGS WITH VEGETABLES FOR A HEALTHY SNACK

- According to the USDA Smart Snacks in Schools Standards, hard-boiled eggs supply a “nutrient-dense” option for snacks in schools
- Hard-boiled eggs can be served as Smart Snacks
- Eggs pair perfectly with vegetables to round out a snack and help students feel full longer

CLICK HERE to visit the Smart Snacks page

DOWNLOAD the USDA Guide to Smart Snacks in School Guide
Increase meal participation with Kid-Friendly labels!

Merchandise hard-boiled eggs and enhance the visual appeal of food packaging with fun “Egg Power” labels.

Click here to download kid-friendly labels & stickers!
School Tool Kit > 2017 - 2018

Recipes and Ideas!
• 25+ Ready-to-use recipes developed by school nutrition professionals
• Complete nutritional analysis & prep instructions can be downloaded from our website: aeb.org/schoolsrecipes

CLICK HERE to go to recipe page
EXPAND EGG USAGE TO INCREASE MEAL PARTICIPATION

**BRUNCH FOR LUNCH**

**ALL Day BREAKFAST**

- EGG & RANCH ROLL UP
- BREAKFAST BOAT
- FRIED BROWN RICE
- SHAKE UP CHOPPED SALAD
- SOUTHWEST BREAKFAST TACO
- WINDY CITY SUB SANDWICH
- BISTRO EGG SANDWICH
- SOUTHWEST COBB SALAD
- HOMEMADE FRENCH TOAST

CLICK HERE to go to recipe page
STAFF TRAINING “HOW-TO” VIDEO SERIES

HOW-TO VIDEO SERIES

INSPIRATION AND INSTRUCTION

- Find inspiration to create fun nutritious snacks like EggPops
- Communicate the protein power of eggs
- Master egg cooking techniques

Click here to view videos
FUN WAYS TO COMMUNICATE THE BENEFITS OF EGGS TO STUDENTS

DOWNLOAD ready-to-use poster artwork!
MARKETING MATERIALS FOR STAFF

Why Serve Real Eggs in School
Egg Nutrients for Health

DOWNLOAD ready-to-use marketing materials!

School Tool Kit   >  2017 - 2018
Looking to use Shell Eggs?

Guidelines for School Nutrition Operations

- While most shell eggs are not pasteurized, they are a safe food source when produced, processed and handled in accord with effective food safety practices.

- Contact your local and/or state health departments for additional shell egg handling guidelines that may apply to your district or states.

- If you choose to hand-break shell eggs in your kitchen, please follow your school’s Hazard Analysis and Critical Control Point (HACCP) based standard operating procedures (SOP).

DOWNLOAD

Shell Egg Handling Guidelines for school nutrition operations
“EGGY” CHARACTERS CAN BE USED IN SCHOOL POSTERS, SIGNAGE & MENUS

CLICK HERE for more characters & downloadable artwork.
Here are some ideas for upcoming school nutrition events:

- **National School Lunch Week:** October 9-13, 2017
- **National School Breakfast Week:** March 5-9, 2018

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#EggsInSchools

incredible!
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AEB connects America's egg farmers with those interested about
The incredible edible egg™. For more information, visit AEB.org.