

Why serve

REAL EGGS IN SCHOOLS



Hard-Boiled Eggs

Peeled and ready to serve, hard-boiled eggs offer schools a convenient, affordable and familiar meat/meat alternate to create nutritious meals students will love. As a cost-effective protein option, they're a good use of your dollars.⁷

Paired with whole grains, fresh vegetables and fruits, hard-boiled eggs create delicious and nutritious meal and snack options.

Ideas

- ✓ Protein/Bento Boxes
- ✓ Smart Snacks
- ✓ Grab n' Go
- ✓ Composed Salads
- ✓ Salad Bars
- ✓ Sandwiches/Wraps
- ✓ Salad Bar Sidekicks
- ✓ Toppings Bar
- ✓ Noodle Bowls

Eggs are a Nutrition Powerhouse.

➤ Eggs can support any school meal program as an all-natural source of high-quality protein.¹



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.^{2,3}



Nutrient Package

One large egg contains varying amounts of 13 essential vitamins and minerals, 6 grams of high-quality protein, all for 70 calories. Plus, eggs are one of the only foods that naturally contain vitamin D, which is especially important for school-aged children for calcium absorption and bone building.^{4,5}



Protein + Satiety

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.⁶

NEW Videos! Watch our **NEW HOW-TO VIDEO SERIES** and get step-by-step instructions for cook-in-bag eggs, hard-boiled eggs, egg patties, EggPops and smart snacks! AEB.org/SchoolsHowTo



Cook-in-Bag

Cook-in-Bag (CNB) eggs are a convenient way to prepare scrambled eggs for service on a cafeteria line or for inclusion in sandwiches, breakfast bowls or other delicious entrees.

AEB.org/CookInBagHowTo



Hard-Boiled

Not only are hard-boiled eggs kid-friendly, they offer an easy way to add protein to salads, sandwiches, bowls and more. With this single all-natural protein source, you get incredible menu versatility.

AEB.org/HardBoiledHowTo



Egg Patties

Making egg sandwiches couldn't be easier than with frozen precooked egg patties—heat and assemble. Available in various shapes, they offer menu planners great on-trend breakfast and lunch options.

AEB.org/EggPattyHowTo



Smart Snacks

Hard-boiled eggs are now exempt from the standards for total fat and saturated fat and can be sold as a Smart Snack in schools. Tip: Pair with fruits and veggies for the perfect snack.

AEB.org/SmartSnackHowTo



EggPops

Eating hard-boiled eggs on a stick is a F-U-N way to get your students to eat high-quality protein. They can be eaten plain or dusted with seasoning or dipped into a sauce or dressing for added flavor.

AEB.org/EggPopHowTo

Sources:

¹Campbell B et al. International society of sports nutrition position stand: protein and exercise. J Int Soc Sport Nutr. 2007;4:8
²Zeisel SH. The fetal origins of memory: the role of dietary choline in optimal brain development. J Pediatr 2006; 149:S131-136.
³Erdman JW. Lutein and Brain Function. Foods. 2015; 4(4): 547-564.
⁴US Department of Agriculture, Agriculture Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Basic Report: 01123
⁵US Department of Health & Human Services. National Institutes of Health. Office of Dietary Supplements. Vitamin D Fact Sheet for Health Professionals.
⁶Baum, JI, Gray, M and Binns, A. "Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age" J Nutr 2015;145:2229-35.
⁷United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products.

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