

# EGG-CELLENT.

Ah, the humble, wonderful egg! It's just 75 or so calories, but with seven grams of high-quality protein, iron, just about every known vitamin, and plenty of other minerals and disease-fighting nutrients. And eggs have even been shown to raise HDL "good" cholesterol. You might say eggs are the complete natural food package. They're versatile for cooking. Easy to prepare. Filling. Inexpensive. Readily available. And they stay good for weeks in the fridge. Indeed, eggs are perhaps the perfect food - for breakfast, or any time!



the big number

23

The average American consumes 23 dozen eggs a year, which adds up to more than 85 billion eggs total.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“EGG-CELLENT”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### BREAKFAST VEGGIES?!

Want to get more veggie servings in your weekend breakfast?

Cook with eggs! Onions, tomatoes, peppers, mushrooms, and other veggies go great in omelets and egg scrambles!



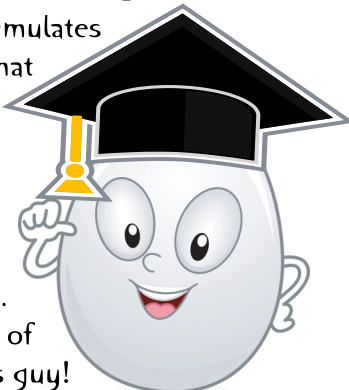
## PLAY HARDER



A lot of hardcore athletes and workout wonks follow up a gym or running session with protein powder. But maybe they should try a few hard boiled eggs instead. Eggs are an excellent natural source of protein, with all the essential amino acids in the exact right ratios your body craves.

## LEARN EASIER

Choline is a nutrient that stimulates a crucial neurotransmitter that is responsible for memory, mental clarity, cognition, brain health, and mental development. As many as 9 out of 10 of us don't get enough choline in our diets. Guess who's a good source of choline? You know it - this guy!



## LIVE HEALTHIER



You know what that big "E" at the top of the eye chart stands for don't you? That's right - EGGS! Eggs contain two nutrients called lutein and zeaxanthin that specifically help counteract degenerative processes that can make our eyesight worse and even lead to cataracts and macular degeneration, two of the most common eye afflictions. Eggs also are high in vitamin A, another nutrient that's crucial for eye health and good sight.



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal counts as a complete lunch!

Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. Our balanced lunches feature whole grains, fruit, and vegetables, making them a great choice for families looking for a healthy lunch option!