



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

EGGS in Schools

FORTUNE SAYS...

An Asian-inspired lunch menu is **definitely** worth noodling over!

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.**



Recipes at AEB.org/5Days5Ways