



GRAB n' GO

Protein Boxes



Monday



Power Protein Kit

- Charleston County SD, SC

Tuesday



Pretzel Power Pack

- Trenton Special SD, TN

Wednesday



Protein Power Punch

- Cornwall-Lebanon SD, PA

Thursday



Breakfast Protein Kit

- Kittery School District, ME

Friday



Protein Bento Box for K-8

- Tullahoma City Schools, TN

TIPS & TRICKS

1. Grab n' Go concepts are great for remote, emergency and summer feeding, and suppers too.
2. Charleston School District offers fresh fruit to entice kids to eat more of the rainbow.
3. Tullahoma rolled out bento boxes first at high schools, then right-sized it for K-8, who love them.
4. Kittery School District likes to have fun. Bright cereal + fresh fruit are great sidekicks to a nutritious hard-boiled egg.
5. Trenton Special School District tried our original protein kits, and middle schoolers love it!

EGGS
in
Schools

Did you know?



Eggs keep you **FULL LONGER!**



Recipes at AEB.org/5Days5Ways

