

# BREAKFAST at school Precooked Omelets



#### Monday

## **Western Omelet**



- Greenville CS, SC

#### Tuesday

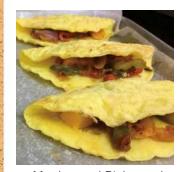
## Cheesy Omelet & Veggie Stuffed Pocket



- Oyster River CSD, NH

#### Wednesday

## Fajita Cheesy Omelet



- Maplewood Richmond Heights SD, MO

## Thursday

## Top Your Omelet Day



- Sycamore CNS, OH

## Friday

## Southern Cheese Omelet Biscuit



- Wake County PSS, NC





# **DID YOU KNOW?**



The nutrients, **lutein** & **zeaxanthin**, in eggs help protect eyes from blue light emitting screens.