



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

MyPlate Breakfast

Pick at least **3**

EGGS in Schools

Get **ENERGIZED** with Eggs!

DID YOU KNOW?

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