



# LUNCH at school

## Eggcellent Tacos



### Monday



#### Ranchoero Egg Tacos

- Spring Lake Park Schools, MN

### Tuesday



#### All-Day Breakfast Taco

- Cypress-Fairbanks ISD, TX

### Wednesday



#### Homemade Pancake Egg Taco

- Jackson County Central SD, MN

### Thursday



#### Sausage, Egg & Cheese Taco

- Sandusky City Schools, OH

### Friday



#### Cheesy Egg Taquitos

- Darby SD # 9, MT

## TIPS & TRICKS



- Offer as vegetarian option on taco days
- Egg entrees are a hit with students, consider as All-Day Breakfast options
- Lunch 4 Breakfast is also gaining popularity. Eggs transform many popular lunch entrees into L4B
- Taco "wraps" can be as varied as students' tastes
- Pair egg tacos with a tasty toppings bar:
  - DYK: 1 serving, fresh sliced jalapeños: 6.5 calories, 6.75 g sodium, and add vitamin C, too
  - DYK: Cilantro is a dark green veggie. 1.4 lbs. provides 73 - ¼ cup servings (1/8 cup credit per FBG.) Adds a fresh topping to egg tacos

# TACO 'bout menu flexibility!



## DID YOU KNOW?

Eggs paired with whole grains, veggies & fruit provide kids with a nutritious lunch to **stay alert all afternoon!**



Recipes at [AEB.org/5Days5Ways](http://AEB.org/5Days5Ways)