

# LUNCH at school Eggcellent Tacos



### Monday



Ranchero 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**

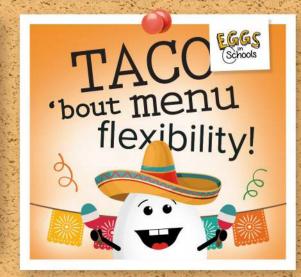


Cheesy Egg Taquitos

- 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





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





Recipes at AEB.org/5Days5Ways