



GRAB n' GO

Vegetarian



Monday



Breakfast Chilaquiles

- Escondido Union School District, CA

Tuesday



Ramen Noodle Bowls

- Coppell ISD, TX

Wednesday



Zucchini Muffins

- Greenville School District, SC

Thursday



Egg Salad Sandwich

- Caesar Rodney School District CN, DE

Friday



MMS Café Protein Kit

- MMS Cafe, Mentor School District, OH

TIPS & TRICKS

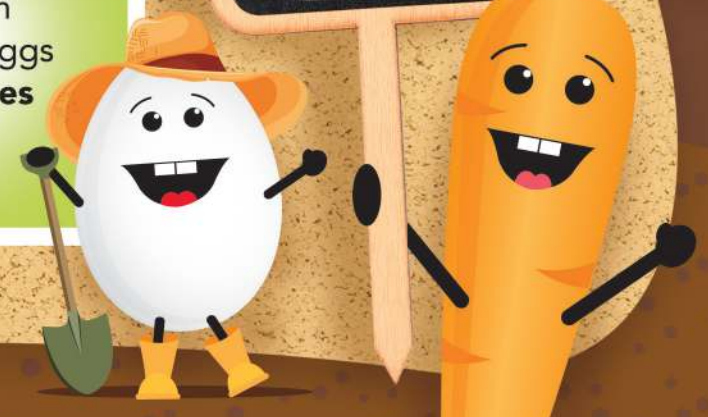
1. The speed-scratch chilaquiles recipe is easy to serve in a bowl or boat for remote service.
2. When self-serve is not available, offer ramen noodle sides in a pre-wrapped boat. Delight students by adding in flavors.
3. Fresh baked seasonally flavored muffins made with eggs can be served for BIC as-is or a perfect grain for a vegetarian salad, fruit and yogurt or egg salad plate.
4. Egg salad is a tried and true vegetarian sandwich with a protein punch for on-the-go students.
5. Local eggs are served in many school meals from breakfast to brunch and now grab n' go too!



DID YOU KNOW?

Pairing plant foods with high-quality protein like eggs **supports healthy muscles & strong bones.**

Eggs help students eat more veggies!



Recipes at AEB.org/5Days5Ways

