

SFEE Newsletter

Putting Child Nutrition First



It's **NATIONAL EGG Month!!!**

Start your morning right with eggs! Eggs are great resources of complete protein and nutrient-dense providing over 20 nutrients.



INGREDIENTS

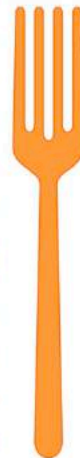
DIRECTIONS

Sausage & Cheese Omelet

- ✓ 1 Egg, beaten
- ✓ 1 tbsp. milk
- ✓ 1 fully cooked sausage link chopped
- ✓ 2 tbsp. shredded cheddar cheese
- ✓ 1 flatbread, toasted

Beat egg & milk in bowl until blended. Add sausage. Microwave for 30 seconds, push eggs toward center & continue microwave for another 30 seconds. Sprinkle with 1 tbsp. cheese. Fold omelet in half, top with remaining cheese. Serve with flatbread toast and ENJOY!

RECIPE



NUTRITION Corner

EGG Fun Facts

- ✓ High in good cholesterol to lower disease risk
- ✓ High in Vitamin A to help with eye health
- ✓ High in Vitamin D to keep bones and teeth strong
- ✓ Eggs are incredibly fulfilling; high protein increases feelings of fullness



How Many Different Ways Can You Cook Eggs?
Fill this box with your answers!