



save money
with eggs



Eggs make low cost meals - **an egg costs only 8¢ to 10¢.**

Use eggs instead of meat for meals. Eggs are a great source of protein.

Use eggs to make breakfast, lunch or dinner fast and easy for your family!

Serve eggs!

- **Scrambled Eggs** - Serve plain scrambled eggs with whole wheat toast.
Try scrambled eggs with chopped onions, mushrooms, peppers or tomatoes.
- **Hard Cooked Eggs** - Peel shells off hard cooked eggs. Serve with toast and juice! Add chopped eggs to potato salad or tuna salad. Peel and eat an egg for a snack!
- **Egg Tortilla** - Roll scrambled eggs into a tortilla shell, top with shredded cheddar cheese and salsa.
- **Egg Sandwich** - Top a fried egg with a slice of ham on an English muffin.



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