

# We are EGGstatic about the Power of Eggs!

## Menu Highlights

### ☀ Dish Spotlight ☀



### Egg Patty and Cheese with English Muffin

On Week 3 Monday Lunch B, Wholesome Kids Catering will provide an Egg Patty with a Cheddar Cheese Slice to go on a Whole Wheat English Muffin. This may appear to be a simple dish, but it is incredibly healthy and nutritious, providing children with the energy they require to eat, grow, and thrive! Make sure to try nutrition packed lunch on our Fall/Winter menu!

### The Nutritional Power of Eggs

Egg is an excellent source of protein. Egg is considered a high-quality complete protein due to its balanced amino acid profile.

#### What does that mean?

1. Eggs are highly digestible and can be easily broken down by our body for easier absorption of nutrients
2. Balanced amino acid pattern that matches the body's needs to support growth and repair.



#### Apart from protein, egg contains lots of important nutrients:

- Lutein and zeaxanthin are carotenoids found in egg yolk which are good for vision.
- Choline plays a strong role in cognitive function and development.
- Essential fatty acids, including omega-3 and omega-6, promote heart health and enhance eye and brain development in early childhood.
- Numerous vitamins and minerals, including vitamin A, B12, D, E, Iron, Zinc, and more, help maintain proper body functions.



### Do you have picky eaters that don't like eggs?

Here is an article on How to Help Your Child Learn to Eat Eggs that shares some great ideas from language, to fun activities with eggs:

[How to Get Kids to Eat Eggs - Picky Eater's Guide.](#)

### Our New Fall/Winter Menu is coming soon! Check out some EGGciting meals on the menu this fall!

Wholesome Kids Catering has incorporated egg based dishes throughout our Fall/Winter menu in order to align with the Canada's Food Guide recommendations. They are available on:

1. Week 1 Wednesday Lunch A - Scrambled Eggs and Cheese Wrap
2. **Week 3 Monday Lunch B - Egg Patty and Cheese with English Muffin**
3. Week 4 Thursday Lunch A - Cheese Omelet

