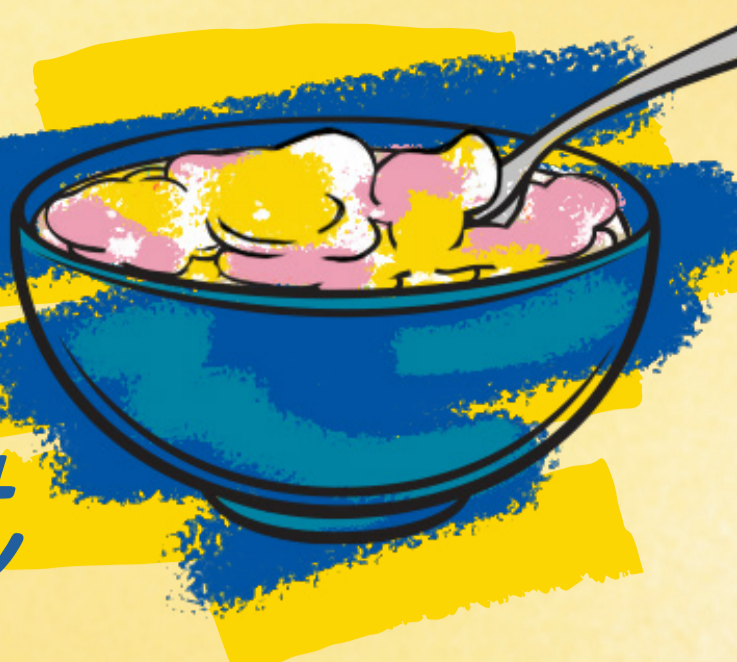


BUILD A BETTER *breakfast*



Protein-packed breakfast bowls are a strong start to the school day

A popular format that appeals to students and school foodservice operators alike, bowls are:



Customizable for different tastes or dietary needs



Adaptable to the ingredients schools have in stock

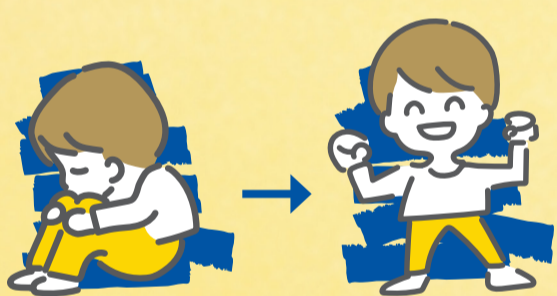


Chef Brenda says:

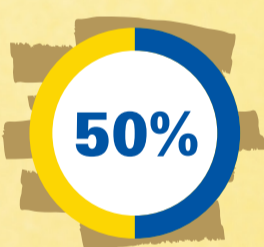
Kitchens and directors love convenience. This is one reason that bowls have become so popular in school nutrition services. Kitchens can pack a nutritious bowl with all the components needed for a reimbursable meal, while students love the flavors and grab-and-go flexibility that bowls provide.

— Chef Brenda Wattles, RDN

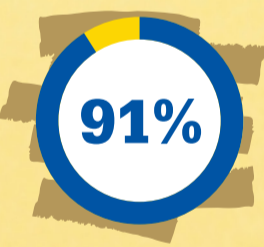
Breakfast bowls made with eggs and great sources of protein like turkey help students get the most out of breakfast.



School-age children who eat a **protein-rich breakfast** report lessened hunger for the four hours after breakfast, compared to children who eat a carbohydrate-based breakfast low in protein.¹



One serving of turkey provides **50% of the daily value of lean protein.**



91% of parents of school-age children say turkey provides some or all of the health benefits they find important in proteins.²

Put breakfast bowls on your menu with these recipes featuring Butterball All Natural Breakfast Sausage Links and Patties:

Hawaiian Turkey Sausage & Rice Bowl



Breakfast sausage links pair perfectly with sweet pineapple, peppers and onions served over brown rice with teriyaki sauce.

Cheesy Turkey Sausage & Tater Tot Bowl



Crispy potato rounds make a tasty base for breakfast sausage patties, turkey gravy and cheddar cheese.

Turkey Sausage, Egg & Cheese Scramble Bowl



Serve this combo of chopped turkey sausage links, scrambled eggs and shredded pepper jack cheese with a side of whole grain toast.

SOURCES

1. Binns, A., M. Gray, H. Seo, B. Zhang, C. Luckett, K. Smith, and J.I. Baum. Consumption of an egg-based breakfast reduces hunger and increases postprandial energy metabolism in normal weight and overweight school-aged children. *FASEB Journal*, 2014. 28: p. 381.4.
2. The Importance of Turkey in Food Away From Home, Butterball, 2019.

Learn more at butterballfoodservice.com/k-12.