



THE MONTHLY NEWS

Food Services Department



February 2019

Exeter Township School District

www.exeter.k12.pa.us



Get Ready for National School Breakfast Week March 4 – 8, 2019

- Making sure every child has eaten a healthy breakfast is an important but often overlooked tool to boost academic performance:
 - Children who skip breakfast are less able to master the tasks necessary to do well in school.
 - Children who eat breakfast at school — closer to class and test-taking time — perform better on standardized tests than those who skip breakfast or eat breakfast at home.
 - Children who live in families that experience hunger have lower math scores and an increased likelihood of repeating a grade, and receive more special education services.



Monthly Fun Recipe Greek Yogurt Pancakes (Recipe Courtesy of Delish.com)



Yield 3-4
Prep Time 5 Minutes
Cook Time: 15 Minutes/Total Time: 20 Minutes

- Ingredients
- 1 c. flour
 - 1 tbsp. baking powder
 - 2 eggs
 - 1 2/3 c. Greek yogurt

Directions

1. Combine the flour and baking powder in a large mixing bowl. In a separate bowl, stir the eggs and Greek yogurt, then fold it into the flour and baking powder mixture, forming a thick batter.
2. Pour batter onto a sauté pan and cook over medium-low heat, using a silicone spatula or spoon to smooth out the batter into a 1/4-inch thick pancake shape (since the batter won't spread easily on its own). Look for the edge of the pancake to start to round out, forming a lip that you can easily slide a spatula under, after about 1-2 minutes of cooking. Lift the corner of the pancake, and if the bottom is lightly golden, slide the spatula all the way under and flip the pancake.
3. Cook until both sides are lightly golden. Repeat until you've used all of the batter.
4. Serve pancakes warm with syrup drizzled on top.

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BREAKFAST IN THE CLASSROOM

INCREASED

standardized tests scores
concentration
alertness
comprehension
memory
learning
cognitive function
attention
memory
participation
student nutrition
sense of community

↓

tardiness
behavioral issues
absenteeism
stigma

DECREASED

THE SCHOOL BREAKFAST PROGRAM IS A GREAT WAY TO START A SUCCESSFUL DAY

We serve Breakfast!!! Every Day, Every School

Just a reminder that we serve Breakfast at each school every day. Menus are available on the District website.



Fun Facts – February Food Holidays

- February 2nd – National Tater Tot Day
- February 3rd – National Carrot Cake Day
- February 4th – National Homemade Soup Day
- February 5th – World Nutella Day
- February 9th – National Pizza Day
- February 12th – National PB&J Day
- February 16th – National Almond Day
- February 19th – National Chocolate Mint Day
- February 20th – National Muffin Day
- February 21st – National Pancake Day
- February 23rd – National Chili Day
- February 24th – National Tortilla Chip Day
- February 27th – National Strawberry Day
- February 28th – National Chocolate Souffle Day
- February 29th – National Frog Legs Day