



THE MONTHLY NEWS

Food Services Department



March 2019

Exeter Township School District

www.exeter.k12.pa.us

National School Breakfast Week March 4 – 8, 2019

Breakfast being the first meal of the day, it is the most important, as it provides the required sustenance and essential energy to meet the activities which lie ahead during the day. Have you ever been curious about what your friends around the world are having for breakfast? Let's see...

13 Most Popular Breakfast Around the World:

1. United States: Ham & Eggs, Pancakes, Orange Juice, Toast, Sausage & Hashbrowns
2. England: Beans, Sausage, Bacon, Eggs, Mushrooms, Hashbrowns & Toast
3. Japan: Grilled Fishes, Miso-Soup, Eggs, Natto, Rice, Salad & Sausages
4. Russia: Porridge, Black Tea, Eggs, Cheese, Dumplings (Syrniki) & Butterbrot
5. France: Baguettes, Rolls, Croissants, Pain au Chocolat, Coffe, Tea & Fruit
6. Malaysia: Nasi Lemak, Roti Canai, Bread, Toast, Rolls or Buns
7. Switzerland: Bread, Zopf, Cheese or Cereals, Chocolate, Tea or Coffee
8. South Africa: Hot Cereal or Pipping Porridge, Putu Pap
9. Korea: Steamed Rice, Veggie & Non-Veggie Soup, Fish, Beef & Kimchi
10. Israel: Salad Feta, Shakshuka (eggs poached in tomato), Hummus, Olives, Jam & Butter
11. Jamaica: Ackee, Fried Plantains, Salted Fish, Fresh Fruit & Boiled Banana
12. Scotland: Fried Eggs, Bacon, Black Pudding, Toast, Baked Beans, Bread
13. Indian: Chola Bhatura, Luchi Aloo-dom, Dhokla and Fafra, Poha, Dosa, Idli, Vada with Sambar



Monthly Fun Recipe



Shakshuka (Eggs Poached in Tomato – Israel)

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/2 to 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1 teaspoon Sriracha chili sauce or hot pepper sauce, optional
- 2 medium tomatoes, chopped
- 4 large eggs
- Chopped fresh cilantro
- Whole pita breads, toasted

DIRECTIONS:

In a large skillet, heat oil over medium heat. Add onion; cook and stir until tender, 4-6 minutes. Add garlic, seasonings and, if desired, chili sauce; cook 30 seconds longer. Add tomatoes; cook until mixture is thickened, stirring occasionally, 3-5 minutes.

With back of spoon, make four wells in vegetable mixture; break an egg into each well. Cook, covered, until egg whites are completely set and yolks begin to thicken but are not hard, 4-6 minutes. Sprinkle with cilantro; serve with pita bread.

Recipe courtesy of www.tasteofhome.com

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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 – March Food Holidays

- March 1st – National Peanut Butter Lover's Day
- March 4th – National Pound Cake Day
- March 5th – National Cheese Doodle Day
- March 6th – National Oreo Day
- March 7th – National Cereal Day
- March 9th – National Meatball Day
- March 10th – National Ranch Dressing Day
- March 13th – National Chicken Noodle Soup Day
- March 18th – National Sloppy Joe Day
- March 20th – National Ravioli Day
- March 21st – National Crunchy Taco Day
- March 25th – National International Waffle Day
- March 26th – National Spinach Day
- March 31st – National Clam Day