March 2019

Exeter Township School District

THE MONTHLY NEWS
Food Services Department

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 & Khimchi
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 Aloordom, Dhokla and Fafra, Poha, Dosa, Idli, Vada with Sambar

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

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

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.