



# THE MONTHLY NEWS

## Food Services Department



Exeter Township School District

www.exeter.k12.pa.us

# November 2018

## Facts on the Health Benefits of Turkey

(From Healthfully.com)

### Get Your Protein

There are about 32g of protein in a 4-oz. serving of turkey, making it a very good source of these essential amino acids. Just one serving of turkey provides 65 percent of your recommended daily intake of protein. Eat a turkey sandwich for lunch and you'll almost have your daily protein covered. Its protein content makes turkey a healthy meat choice.

### Protect Yourself From Cancer

A little-known health benefit of turkey is that it contains trace minerals thought to aid in cancer prevention. Turkey contains selenium, which is essential for the healthy function of the thyroid and immune system. Selenium also has an essential role to play in your antioxidant defense system, helping to eliminate cancer-friendly free radicals in the body.

### Get Your B Vitamins

Turkey is considered a good source of vitamins B3 and B6, rated because of the density of these vitamins in the meat. A serving of turkey meat has 36 percent of the daily allowance of B3 and 27 percent of your recommended intake of B6.

### Benefit From Less Saturated Fat

Saturated fat is necessary for biological functions, hormone production, padding for organs and energy. While saturated fat is necessary for a healthy body, most moderately-active people need to avoid overindulging. Turkey has under 12 percent of the recommended daily allowance of saturated fat per 4-oz. serving.



## Monthly Fun Recipe



### Sun Butter Monster Cookies

Makes 30 Cookies (Gluten & Peanut Free!!)

#### Ingredients:

- ¼ cup Softened Organic Butter
- ¾ cup Organic Brown Sugar
- ¾ cup Organic White Sugar
- 2 Organic Eggs
- 1 tsp Gluten-Free Vanilla Extract
- 1 ¼ tsp Baking Soda
- 1 cup Sun Butter, any variety
- 3 cups Gluten-Free Rolled Oats
- 1 ½ cups combined total monster ingredients: raisins, chocolate candies, etc.

#### Directions:

1. Heat oven to 350 degrees F.
2. In large mixing bowl cream butter and sugars until creamy. Add eggs, vanilla and baking soda and mix well. Add SunButter and mix until thoroughly blended.
3. Stir in oats. Add your monster ingredients and stir until well mixed throughout cookie dough.
4. Drop heaping tablespoon full onto parchment lined baking sheets. Bake for 15 to 18 minutes until edges are golden brown and cookies are somewhat firm.
5. Cool and store in airtight container.

Adapted from Allrecipes.com

With fall sports in full swing, try these after-school snacks for refueling before practice or a game:

- 6 oz. of yogurt with fruit or yogurt in a tube
  - Low-fat string cheese with mini pretzels
  - Turkey and cheese on a whole-grain wrap
  - Trail mix with dried fruit
  - Peanut butter crackers
- \*Remember to stay hydrated!

From The Academy of Nutrition and Dietetics

*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 – November Food Holidays

**\*\*November is National Peanut Butter Lovers Month\*\***

**2<sup>nd</sup> – Deviled Egg Day**

**3<sup>rd</sup> – Sandwich Day**

**7<sup>th</sup> – Bittersweet Chocolate w/Almonds Day**

**8<sup>th</sup> – Cook Something Bold Day**

**13<sup>th</sup> – National Indian Pudding Day**

**14<sup>th</sup> – National Pickle Day**

**16<sup>th</sup> – National Fast Food Day**

**17<sup>th</sup> – Homemade Bread Day**

**23<sup>th</sup> – Eat a Cranberry Day**

**25<sup>th</sup> – National Parfait Day**

**28<sup>th</sup> – French Toast Day**