



THE MONTHLY NEWS

Food Services Department



Exeter Township School District

www.exeter.k12.pa.us

AUGUST/SEPTEMBER 2018

Get back to school with breakfast!

Eating a nutritious breakfast is important for health and for doing well in school.

1. Breakfasts with carbohydrates (like oatmeal and fruit) and protein (like yogurt and eggs) provide lasting energy for class.
2. A nutritious breakfast can improve memory, recall, and overall brain function.
3. Those who eat breakfast regularly tend to weigh less than those who skip breakfast.
4. Eating breakfast can help you make healthier food choices throughout the day.

Research shows that kids who eat breakfast do better in school!

From The Academy of Nutrition and Dietetics



Monthly Fun Recipe



5 – Minute, No Bake, Granola Bites

Ingredients:

- 2 cups oats
- 2 cups coconut flakes
- 1 cup peanut butter
- 1 cup ground flaxseed (found in the baking supplies isle)
- 1 cup chocolate chips (milk or dark chocolate)
- 2/3 cup honey
- 2 teaspoons vanilla
- 1 teaspoon cinnamon (not a deal-breaker if you don't have some on hand)

Mix the dry ingredients together and then combine with the wet ingredients. Roll into bite-sized heavenly morsels, and store in the fridge. Better double the batch and store half in the freezer as your first batch will be gone in moments.

Special Menu Items This Month: All-American Cheeseburger Mac N' Cheese, BBQ Chicken Flatbread (Reiffton and Junior High), Bruschetta Pasta Rosa (Senior High), Elementary Students: don't forget about our famous lunchbox meals!

As we get in the swing of things with a new school year, here are a few ideas for quick, healthy after-school snacks:

- Apple Slices
- Grapes
- Yogurt
- Cubed Cheese
- Pretzel Sticks
- Whole Grain Crackers
- Carrot or Celery Sticks
- Almonds

***All beginning of the year menus can be found online on the district website: www.exeter.k12.pa.us



Fun Facts - September Food Holidays

- 1st – National Cherry Popover Day
- 2nd – International Bacon Day
- 5th – Cheese Pizza Day
- 7th – National Salami day
- 12th – Chocolate Milk Shake Day
- 13th – Fortune Cookie Day
- 14th – National Crème-Filled Doughnut Day
- 17th – National Apple Dumpling Day
- 18th – National Cheeseburger Day
- 20th – National Pepperoni Pizza Day
- 24th – National Cherries Jubilee Day