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