

National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It's a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Taking time to sit down together for meals at home may be tough, but it's critically important for creating these lasting food experiences where we are teaching children to pause for a moment and truly enjoy their food. Impulsive eating that leads to over consumption of empty calories is not the path towards a healthy future and can lead to unwanted weight gain. Take time to share food traditions with children and find creative, healthful and nutritious ways to add flavor to food. An eating pattern based on the 2015-2020 Dietary Guidelines for Americans and MyPlate recommendations can help you plan healthy meals for your family. Check out these resources at www.choosemyplate.gov.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffplayground.com

BREAKFAST

All Breakfast options listed include choice of: Fresh Fruit, 100% Fruit Juice, Fresh Fruit Cup & Milk

MONDAY: Choice of Whole Wheat Bagel w/Cream Cheese, Asst. Cold Cereal, Hot Cereal, Frudel, Asst. Muffins, Cinnamon or Strawberry Poptarts, Asst. Cereal Bars, Mini Pancakes or Whole Wheat Donuts.

TUESDAY: Choice of Whole Wheat Bagel w/Cream Cheese, Asst. Cold Cereal, Hot Cereal, Frudel, Asst. Muffins, Cinnamon or Strawberry Poptarts, Asst. Cereal Bars, Mini Pancakes or Whole Wheat Donuts.

WEDNESDAY: Choice of Whole Wheat Bagel w/Cream Cheese, Asst. Cold Cereal, Hot Cereal, Frudel, Asst. Muffins, Cinnamon or Strawberry Poptarts, Asst. Cereal Bars, Mini Pancakes or Whole Wheat Donuts.

THURSDAY: Choice of Whole Wheat Bagel w/Cream Cheese, Asst. Cold Cereal, Hot Cereal, Frudel, Asst. Muffins, Cinnamon or Strawberry Poptarts, Asst. Cereal Bars, Mini Pancakes or Whole Wheat Donuts.

FRIDAY: Choice of Whole Wheat Bagel w/Cream Cheese, Asst. Cold Cereal, Hot Cereal, Frudel, Asst. Muffins, Cinnamon or Strawberry Poptarts, Asst. Cereal Bars, Mini Pancakes or Whole Wheat Donuts.

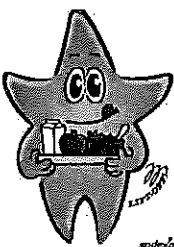
Fresh Pick Recipe

COLCANNON
(SERVES 4)

- 2 5/8 tsp onions (chopped)
- 5/8 tsp parsley (chopped)
- 3/4 cup and 2 Tbsp water
- 1 3/4 oz. instant mashed potatoes
- 2 3/4 oz. green cabbage (shredded)
- Kosher salt
- Black pepper

1. Wash green onions and slice very thin on bias.
2. Wash parsley and chop.
3. Measure boiling water and pour into a large mixing bowl with a paddle attachment.
4. Place mixer on speed #1. Slowly add dry potato blend. Mix 10 seconds. Turn mixer off and allow potatoes to sit for 5 minutes.
5. Place mixer on speed #2. Mix for 60-90 seconds to fluff potatoes.
6. Bring large pot of water (not listed) to a simmer. Add cabbage, green onions, salt and pepper. Water should just cover vegetables. Cover pan and simmer for 5-7 minutes until the cabbage is tender. Drain.
7. Blend cabbage and potatoe and place in a steamable pan. Garnish with chopped parsley.

NUTRITION FACTS:
52 calories, .73g fat,
56mg sodium, 1.25g fiber



Ensure to Fuel Up by coming down for Breakfast Every Day!

Breakfast Prices:

Paid - \$1.75

Reduced - \$.30

Nutrition Information is available upon request.

THE CLUBHOUSE @

Berkeley Township Pre-School

MAR 2019

MONDAY

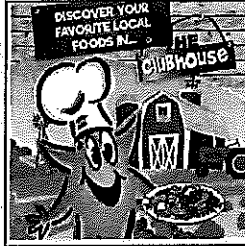
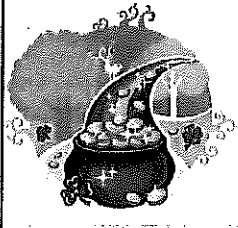
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THRIVE GARDEN BAR
Daily: Romaine or Spinach Saled
Monday: Carrot Sticks
Tuesday: Chilled Corn Salad
Wednesday: Broccoli Dippers
Thursday: Bean Salad & Baby Carrots
Friday: Celery Sticks



Lunch Prices
Paid - \$2.85
Reduced - \$.40

1
Big Daddy's Pizza
Cheese or Pepperoni
Tuna Salad Sandwich
Cheese & Pretzel Goldfish Boat
Homestyle Baked Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

4
Grilled Cheese with Tomato Soup
Turkey Club Sandwich
Cereal Bag
Steamed Carrot Coins
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

5
Crispy Chicken Bowl with Dinner Roll
Turkey Club Sandwich
Cereal Bag
Mashed Potatoes & Steamed Corn
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

6
Homemade Baked Ziti served with
Garlic Breadstick
Turkey Club Sandwich
Cereal Bag
Sautéed Spinach
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

7
Grilled Chicken Sandwich
Turkey Club Sandwich
Cereal Bag
Vegetarian Baked Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

8
French Bread Pizza
Cheese or Pepperoni
Turkey Club Sandwich
Cereal Bag
Seasoned Green Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

11
BREAKFAST FOR LUNCH
Fluffy Pancakes with Sausage
Italian Sandwich
Pretzel Boat
Cinnamon Sweet Potatoes
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

12
Chicken Tenders with Dinner Roll
Italian Sandwich
Pretzel Boat
Tater Tots
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

13
Philly Cheesesteak
Italian Sandwich
Pretzel Boat
Steamed Broccoli
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

14
French Bread Pizza
Cheese or Pepperoni
Italian Sandwich
Pretzel Boat
Three Bean Salad
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

15
Turkey Sandwich
Ham and Cheese Sandwich
Italian Sandwich
Pretzel Boat
Cucumber Coins
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

18
Corn Dogs
Turkey & Cheese Sandwich
Crazy Cheese Cube Bento Box
Sweet Potato Wedges
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

19
Popcorn Chicken served with
a Dinner Roll
Turkey & Cheese Sandwich
Crazy Cheese Cube Bento Box
Baked French Fries
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

20
Ravioli with Sauce
served with a Garlic Breadstick
Turkey & Cheese Sandwich
Crazy Cheese Cube Bento Box
Sautéed Spinach
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

21
Nachos Supreme
Turkey & Cheese Sandwich
Garden Saled with Cheese & Roll
Crazy Cheese Cube Bento Box
Vegetarian Refried Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

22
Cheese or Pepperoni Pizza
Turkey & Cheese Sandwich
Crazy Cheese Cube Bento Box
Cucumber Coins
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

25
MEATLESS MONDAY
Cheesy Stuffed Breadsticks
Ham & Cheese Sandwich
Bagel Bag
Clrus' Glazed Carrots
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

26
Chicken Nuggets
served with a Buttermilk Biscuit
Ham & Cheese Sandwich
Bagel Bag
Waffle Fries & Baked Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

27
Old Fashioned Mac & Cheese
served with a Dinner Roll
Ham & Cheese Sandwich
Bagel Bag
Steamed Broccoli
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

28
Twin Tacos with Brown Rice
served with Cheese, Lettuce &
Tomato
Ham & Cheese Sandwich
Bagel Bag
Mexican Black Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

29
Mini Personal Pizza
Ham & Cheese Sandwich
Bagel Bag
Seasoned Green Beans
Fresh Fruit & Fruit Cup
1% or Fat Free White Milk

Menu Subject to Change

This institution is an equal opportunity provider.

MEAL/ ALA CARTE PRICE LIST

Adult Breakfast	\$ 2.25
Adult Lunch	\$ 3.85
Adult Entrée	\$ 2.85
Adult Salad	\$ 2.70
Bagel	\$ 0.85
Extra Entrée with lunch	\$ 1.50
Juice	\$ 0.60
Large Water	\$ 1.00
Student Lunch Entrée only	\$ 1.95
Milk	\$ 0.50
Student Salad only	\$ 1.10
Small Water	\$ 0.50
8 oz. Soup w/ crackers	\$ 1.00
Extra. Vegetable or Fruit	\$ 0.60
Chips	\$ 1.00
Cookies	\$ 1.00
Hot Pretzel	\$ 1.00
Icr Cream	\$ 1.00

**BERKELEY TOWNSHIP SCHOOL DISTRICT
ENTERPRISE FUND
COMBINING SCHEDULE OF NET POSITION
AS OF JUNE 30, 2018**

	BUSINESS-TYPE ACTIVITIES - ENTERPRISE FUND				TOTAL
	FOOD SERVICE	BATTING CAGES	TECH EXPO	BRIDGE PROGRAM	
ASSETS					
Current Assets:					
Cash & Cash Equivalents	\$ 56,559	\$ 3,873	\$ 2,570	\$ 1,039	\$ 64,041
Accounts Receivable:					
State	706	-	-	-	706
Federal	35,009	-	-	-	35,009
Local	1,743	-	-	-	1,743
Inventories	11,915	-	-	-	11,915
Total Current Assets	105,932	3,873	2,570	1,039	113,414
Noncurrent Assets:					
Furniture, Machinery & Equipment	363,258	18,065	-	-	381,323
Less: Accumulated Depreciation	(261,086)	(15,054)	-	-	(276,140)
Total Noncurrent Assets	102,172	3,011	-	-	105,183
Total Assets	208,104	6,884	2,570	1,039	218,597
LIABILITIES					
Current Liabilities:					
Due To Other Funds	\$ -	\$ 15,745	\$ -	\$ -	\$ 15,745
Unearned Revenue	6,357	-	-	-	6,357
Total Current Liabilities	6,357	15,745	-	-	22,102
NET POSITION					
Net Investment in Capital Assets	102,172	3,011	-	-	105,183
Unrestricted	99,575	(11,872)	2,570	1,039	91,312
Total Net Position	\$ 201,747	\$ (8,861)	\$ 2,570	\$ 1,039	\$ 196,495

**BERKELEY TOWNSHIP SCHOOL DISTRICT
ENTERPRISE FUND
COMBINING SCHEDULE OF REVENUES, EXPENSES AND
CHANGES IN FUND NET POSITION
FOR THE YEAR ENDED JUNE 30, 2018**

	BUSINESS-TYPE ACTIVITIES - ENTERPRISE FUND				TOTAL
	FOOD SERVICE	BATTING CAGES	TECH EXPO	BRIDGE PROGRAM	
Operating Revenues:					
Charges for Services:					
Daily Sales - Reimbursable Programs	\$ 234,573	\$ -	\$ -	\$ -	\$ 234,573
Daily Sales - Nonreimbursable Programs	90,933	1,075	3,050	3,720	98,778
Total Operating Revenues	325,506	1,075	3,050	3,720	333,351
Operating Expenses:					
Cost of Sales - Reimbursable Programs	408,472	-	-	-	408,472
Cost of Sales - Non-Reimbursable Programs	143,429	-	-	-	143,429
Salaries & Benefits	198,985	385	-	4,883	204,253
Professional Services	2,144	-	-	-	2,144
General Supplies/Misc	29,575	-	2,547	84	32,206
Depreciation	14,717	3,614	-	-	18,331
Total Operating Expenses	797,322	3,999	2,547	4,967	808,835
Operating Loss	(471,816)	(2,924)	503	(1,247)	(475,484)
Nonoperating Revenues/(Expenses):					
State Sources:					
State School Lunch Program	9,168	-	-	-	9,168
Federal Sources:					
National School Lunch Program	345,460	-	-	-	345,460
National School Breakfast Program	104,567	-	-	-	104,567
U.S.D.A. Commodities	39,655	-	-	-	39,655
Adjustment to Fixed Assets	39,802	-	-	-	39,802
Interest & Investment Revenue	9,335	-	-	-	9,335
Total Nonoperating Revenues/(Expenses)	547,987	-	-	-	547,987
Change in Net Position	76,171	(2,924)	503	(1,247)	72,503
Total Net Position - Beginning	125,576	(5,937)	2,067	2,286	123,992
Total Net Position - Ending	\$ 201,747	\$ (8,861)	\$ 2,570	\$ 1,039	\$ 196,495

**BERKELEY TOWNSHIP SCHOOL DISTRICT
ENTERPRISE FUND
COMBINING SCHEDULE OF CASH FLOWS
FOR THE YEAR ENDED JUNE 30, 2018**

	BUSINESS-TYPE ACTIVITIES - ENTERPRISE FUND				TOTAL
	FOOD SERVICE	BATTING CAGES	TECH EXPO	BRIDGE PROGRAM	
Cash Flows From Operating Activities:					
Receipts from Customers	\$ 325,754	\$ 1,914	\$ 3,300	\$ 240	\$ 331,208
Payments to Employees & Benefits	(200,353)	(385)	-	(4,883)	(205,621)
Payments to Suppliers	(552,597)	-	(2,547)	(84)	(555,228)
Net Cash Provided/(Used) by Operating Activities	<u>(427,196)</u>	<u>1,529</u>	<u>753</u>	<u>(4,727)</u>	<u>(429,641)</u>
Cash Flows From Noncapital Financing Activities:					
State Sources	8,973	-	-	-	8,973
Federal Sources	442,387	-	-	-	442,387
Net Cash Provided/(Used) by Noncapital Financing Activities	<u>451,360</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>451,360</u>
Cash Flows From Investing Activities:					
Interest & Dividends	9,335	-	-	-	9,335
Net Cash Provided/(Used) by Investing Activities	<u>9,335</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>9,335</u>
Net Increase/(Decrease) in Cash & Cash Equivalents	33,499	1,529	753	(4,727)	31,054
Balances - Beginning of Year	23,060	2,344	1,817	5,766	32,987
Balances - End of Year	<u>\$ 56,559</u>	<u>\$ 3,873</u>	<u>\$ 2,570</u>	<u>\$ 1,039</u>	<u>\$ 64,041</u>

Reconciliation of Operating Loss to Net Cash Provided/(Used) by Operating Activities:

Operating Loss	\$ (471,816)	\$ (2,924)	\$ 503	\$ (1,247)	\$ (475,484)
Adjustments to Reconcile Operating Loss to Net Cash Provided/(Used) by Operating Activities:					
U.S.D.A. Commodities	39,655	-	-	-	39,655
Depreciation Expense	14,717	3,614	-	-	18,331
(Increase)/Decrease in Inventories	5,314	-	-	-	5,314
(Increase)/Decrease in Accounts Receivable	248	839	250	-	1,337
Increase/(Decrease) in Accounts Payable	(13,946)	-	-	-	(13,946)
Increase/(Decrease) in Unearned Revenue	(1,368)	-	-	(3,480)	(4,848)
Total Adjustments	<u>44,620</u>	<u>4,453</u>	<u>250</u>	<u>(3,480)</u>	<u>45,843</u>
Net Cash Provided/(Used) by Operating Activities	<u>\$ (427,196)</u>	<u>\$ 1,529</u>	<u>\$ 753</u>	<u>\$ (4,727)</u>	<u>\$ (429,641)</u>

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