

## What's happening in your dining room?

Why Meatless Monday at Breck?

October, 2018 discussion started between myself and an Upper School Advisory to explore Meatless Mondays in an effort to lessen Breck's carbon footprint.

As a result of these meetings, we have changed our menus to make it easier, for those who are interested, to practice an active flexitarianism diet on Mondays. We will also continue to have diverse vegan and vegetarian options every day. Turkey is also being introduced in more ways on the menu so as to reduce our beef consumption as this will also have an impact on our carbon footprint.

Any questions, concerns, or recipes you would like to see, please do not hesitate to contact me.

Thanks!

