

January Newsletter

Comstock Park Public Schools Food Service Department

Welcome Back! Cheers to a Happy and Healthy New Year. This month food service plans to start their Student Choice Program at the High School and Middle School. We will be sharing our new food concept Mac & Cheesy Ology. It is a twist on our favorite all-American comfort food Mac & Cheese. Students will have the opportunity to taste a couple different options and vote on their favorite choice. The winning concept will be featured weekly on the menu for the students to enjoy.



Thank you, School Board Members! On behalf of all of our Food Service Team Members and our fellow associates, we can't thank you enough for supporting our mission of serving up happy and healthy every day.

FOOD SERVICE UPDATE: SUMMER EBT BENEFITS

Summer EBT is permanently replacing the P-EBT program beginning summer 2024. Schools will be reporting eligibility based on the Spring General Collection Data. Families interested in receiving funds for food during the summer months must either be directly certified or Categorically Eligible from the State or have a current 2023-24 school meals and summer EBT Application or Education Benefit Form on File. If you want to be apart of this program please make sure you have a current application or benefit form on file showing that your child qualifies for free or reduced price meals. For more information about this program please visit <https://www.fns.usda.gov/sebt/household>



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Events & Fun Days to Look Forward to this Month

- January 1st – New Years Day
- January 5th – National Bean Day
- January 11th-Milk Day
- January 15th – **NO SCHOOL**
- January 15th National Bagel Day
- January 19th – National Popcorn Day
- January 20th – National Cheese Lovers Day
- January 21st – National Granola Bar Day
- January 26th – **HALF DAY**
- January 29th- National Corn Chip Day
- January 30th-National Croissant Day

serving up happy & healthy

Discovery Kitchen:

January is the Great American Road Trip month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education.

The Great American Road Trip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country. In January, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways to spark students' curiosity about agriculture and cuisines around the country.



Mood Boost:

The program introduces characters, "the Moodies" that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident. Recently, we went out to Pine Island Elementary and gave them a taste of some raspberries with dark chocolate to boost their mood! Dark chocolate is a great way to sharpen your mind and attention.



Holiday Fun:



To encourage the Christmas spirit, all of our Food Service Staff in each building dressed up for the holidays! There were a lot of creative costumes. We had the Administration office take a poll on which kitchen was the best dressed. Mill Creek and Stoney Creek Food Service Teams were the winners! Happy Holidays from your lunch ladies!



A Reason to Celebrate!

January 1st – New Years Day- This was after the old lunar-based Roman calendar became ineffective. Another reason behind making January 1 the start of the New Year was to honor Janus — the Roman god of beginnings who had two faces. This means that he could go back to the past and move forward to the future.

January 6th – National Bean Day - As far as our research has shown, National Bean Day is a holiday which was invented by Paula Bowen as a way to honor her father who was a pinto farmer. Supposedly, she picked January because not a lot of holidays are celebrated this month.

January 15th – Martin Luther King Jr Day - Martin Luther King Day is observed every year on the third Monday of January — on January 16 this year. King was an influential civil rights leader — best known for his work on racial equality and ending racial segregation in the United States. His life and achievements are remembered and celebrated on this day.

January 19th – National Popcorn Day - Popcorn has a very long and varied history. Historians believe that corn whose kernels could be popped was first cultivated around 5000 B.C.E in Mexico. Archeologists have found evidence of first popcorn maker – a utensil with holes and a handle – dating back to 400 C.E. in Peru.

January 20th – National Cheese Lovers Day-

There aren't any records pinpointing the exact event when cheese was created, but the earliest record of pasteurizing cheese dates back to 5500 B.C. in the geographical region that's now Poland. The earliest cheeses were mostly cottage cheese churned at home, and this is likely how cheesemaking started.

January 21st – National Granola Bar Day - Dr. James Caleb Jackson produced the first granola variety, granola, in 1863. The doctor-owned and ran Jackson Sanitarium, a healing spa in Dansville, New York. Jackson produced granola by crushing and baking Graham flour. To promote the cereal, he founded Our Home Granola Company and patented the name Granola.