

February Newsletter

Comstock Park Public Schools Food Service Department

February is a very busy month for food service. Due to the snow days in January we had to push back our café events to February. Tuesday February 6th we plan on doing our Student Choice Event at Comstock Park High School during both lunches. Thursday February 15th we will be hosting an event at Mill Creek Middle School during all lunch periods. We are excited to give students a chance to try some different lunch choices and to let us know what they like! In the month of February we will be focusing on smart snacking. Please check out the food service webpage under the activity section for more information on smart snacks. At the end of February we will be visiting Stoney Creek during lunch to let students sample hummus, one of our “mood boost” super foods.

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**February 22nd is
National School
Bus Driver
Appreciation
Day!**



We greatly appreciate our Bus Drivers and Car Drivers for all they do for our students and families!



Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S history, from the enslaved people first brought over from Africa in the early 17th Century to African Americans living in the United States today. Honor this significant month by highlighting influential figures, literature, or events celebrating Black history and culture.



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Events & Fun Days to Look Forward to this Month

- February 2nd-Ground Hogs Day
- February 7th – National Fettuccine Alfredo Day
- February 8th – National Potato Lover's Day
- February 9th – National Pizza Day
- February 13th – Italian Food Day
- February 14th – Valentines Day/ Count Day/ Ash Wednesday
- February 20th – National Muffin Day
- February 21st-Mardi Gras
- February 23rd – 27th – Mid Winter Break



Discovery Kitchen: Smart Snacking

Smart Snacking offers crave-able, well-balanced snacks and mini meals to help students power through their day. The traditional three square meals a day is becoming a thing of the past. Insights show Gen Z have a non-traditional eating habits and favor mini meals over the more standard style of eating. Satisfy their love of snack meals with our fun, delicious, and versatile Smart Snacking Program.

National School Breakfast Week:

March 4th – 8th, 2024

Next month is National School Breakfast Week! This is a special observance during the first week of March. It celebrates Breakfast and the many ways it gives kids a great start to every day. Look for the special days flyer that we are sending out to participate in this celebration! There is a chance to win prizes everyday! This years theme is Surf's Up with School Breakfast.



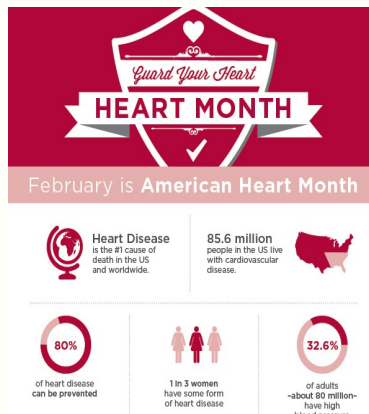
Mood Boost: Happy

Emerging research has shown that the foods we eat most often may have an effect on how we feel, not just physically, but mentally. When a person eats Mood Boost foods regularly, especially nutrient-rich fruit and vegetables, it can help to elevate his or her mood and enhance their sense of well-being. Mood Boost foods contain vitamins, minerals and antioxidants that communicate with our brain to support personal characteristics such as happy, alert, strong, calm and confident.

Coming in February we will be going to Stoney Creek Elementary to taste test Hummus paired with a carrot and tortilla chip with the students. Happy foods are full of nutrients that can help support compounds in our bodies that are responsible for creating a feeling of joy and happiness.

February is Heart Healthy Month:

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts. Join us for National Wear Red Day®!



A Reason to Celebrate!

February 2nd – Ground Hog Day

Groundhog day can either mean good news or bad news depending on whether the groundhog sees his shadow and your preference for winter or spring.

February 7th – National Fettuccini Alfredo Day

Created in 1908, fettuccine was made out of love and concern by an Italian restaurateur, Alfredo di Lelio.

February 8th - National Potato Lover's Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, Smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal-or as a meal!-making these starchy veggies a delicious and easy way to get iron, potassium and vitamin C.

February 9th – National Pizza Day –

Pizza eventually made its mark on America in 1905. In New York City, a pizzeria called Lombardi's created the spark that would light hearts across the country from then until now – and with no conceivable end in sight.

February 13th – Italian Food Day –

It was not until the 1700's that tomatoes were first found in Italian dishes. The 'essential' ingredients in Italian food include: olive oil, garlic, basil, oregano, mozzarella, ricotta, parmigiana, capers, tomatoes, sausage and of course pasta.

February 14th – Valentines Day –

Valentine's Day is a fixed day on the calendar that got lumped into a mid-February holiday on the ancient Roman calendar called Lupercalia—which some historians believe is what led to Valentine's Day being all about love. Lupercalia celebrated fertility, and may have included a ritual in which men and women were paired off by choosing names from a jar.

February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.