

Comstock Park Public Schools November Food Service Newsletter

What's Happening in November?

November is all about giving thanks! I would like to give a huge thank you to all our food service staff, teachers, administrators, custodians, maintenance, secretaries, aides, bus drivers, counselors, resource officer, and nurse for their continued support in taking care of our students. To each and every employee at Comstock Park Public Schools whom plays a role in creating an environment where students learn, are safe, eat nutritious meals, and are well taken care of, we say THANK YOU! Your passion and dedication doesn't go unnoticed and is appreciated more than you may think. Let's make November great and remember why we are Panthers. Food Service will be focusing on Italy for our Global Eats in November. We will also be focusing on our discovery kitchen Let's get cooking. Check out our website for educational information and fun recipes families can try at home.



Apple Crunch Day in our Schools!

What's this crunch all about anyways? This is to promote National Farm to School month! This provides a great way to get local schools and institutions excited about supporting local farmers. Plus, they are a nutritious snack that is available in Michigan 11 months out of the year.

Food Service would like to say a huge Thank You to everyone that participated!!!



Comstock Park's Food Service Webpage is a great source to find all the information you may need from menus, how to add money to children's accounts, free and reduced applications, meal charging policy, meal prices, school wellness and so much more.

<https://www.cppschoools.com/district/departments/food-service/>



Melissa Alley
DIRECTOR OF DINING SERVICES
616-254-5242
Malley@cppschools.com

Events & Fun Days to Look Forward to this Month

- **November 1st** – National Cinnamon Day
- **November 3rd** – National Sandwich Day
- **November 6th** – National Nacho Day
- **November 7th** – Election Day
- **November 11th** – Veterans Day
- **November 13th** – World Kindness Day
- **November 14th** – National Pickle Day
- **November 22-24-NO SCHOOL**
- **November 23rd** – National Eat a Cranberry Day / Thanksgiving
- **November 25th** – National Parfait Day
- **November 28th** – National French Toast Day

This Month in Discovery Kitchen

November is Let's Get Cooking month in the cafes where we'll be engaging students with delicious recipes, interactive demos, and fun and informative nutrition education. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends. In November, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about basic cooking skills and homemade recipes they can enjoy during the holidays.



A Reason to Celebrate!

[November 1st - National Cinnamon Day](#)
McCormick & Co., Inc. founded National Cinnamon Day in 2019 to celebrate the versatility of one of the most popular spices in America's kitchens. The holiday encourages us to make new memories and share the joy cinnamon brings with your best recipes.

[November 3rd - National Sandwich Day](#)
The sandwich is believed to be the namesake of John Montagu, 4th Earl of Sandwich, following the claim that he was the inventor of the sandwich. No matter who invented it, we celebrate every kind of sandwich.

[November 6th - National Nachos Day](#)
History tells us that Ignacio "Nacho" Anaya created the original nachos in 1943. According to his son, Nacho was the maître d' at the El Moderno Restaurant in Piedras Negras.

[November 11th - Veterans Day](#)
An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day."

[November 13th - World Kindness Day](#)
The purpose of World Kindness Day as outlined by the World Kindness Movement is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us."

[November 14th - National Pickle Day](#)
National Pickle Day can be traced back to the Pickle Packers Association in 1949 as a part of National Pickle Week. However, this original holiday didn't always fall on November 14th. All throughout history it was celebrated on different days.

[November 23rd - National Eat a Cranberry Day & Thanksgiving Day](#)

The cranberry got its name due to the English believing that the flowers and stem resembled the neck of that self-same bird. In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

[November 25th - National Parfait Day](#)
The parfait itself dates back to 1894, but it would be a huge stretch of the imagination to think that the holiday celebrating these delicious frozen concoctions would go back all the way to their origins.

[November 28th - National French Toast Day](#)
The breakfast favorite French toast goes by many names, depending on where it is being served up. Some of the few fun names include eggy bread, German toast, poor knights' pudding, or Bombay toast.



Global Eats: Italy

This month we explore the Italian way of food. What we know about Italian food is often an American interpretation. We're taking it back to Italy's roots such as recipes like Penne Pasta with Chicken all'Arrabbiata, Baked Cod "Cacciatore Style" and Brussel Sprouts "Cacio E Pepe"

National School Lunch Week: October 6th - 10th, 2023



Since 1946, the National School Lunch Program (NSLP) has served healthy meals and promoted nutrition education to students in Michigan schools. School lunches offer students fruits, vegetables, whole grains, lean protein, and milk and meet federal nutrition standards that limit saturated fat, calories, and sodium. This year's theme of "Level Up with School Lunch!" puts the spotlight on the importance of a healthy school lunch to a student's success both in and out of the classroom. In an effort to "level up" school lunch in the state of Michigan, 1.4 million public school children will receive nutritious free Michigan School Meals this school year as a result of a \$160 million appropriation in the state's School Aid budget adopted by the state legislature and signed into law by Governor Whitmer.



Vicki Grahs

Vicki works at Pine Island Elementary Kitchen. She comes to work with a positive attitude and ready to conquer any challenge that comes her way. Vicki is a hard worker and is always trying to find ways to improve our service and to make everything run more efficiently. Thank you for your dedication and your life saving skills☺

