

Comstock Park

Food Services Newsletter

February 2025

For the month of February food service would like to focus on “Smart Snacking.” Gen Z students are quickly becoming the “snacking generation.” With school, sports, and other extra –curricular activities, students not only need healthy meals, but snacks that will keep them energized all day. These snacks should be nutrient-dense, portable options like fresh fruit w/ nut/plant base butter, veggies w/ hummus, air-popped popcorn, yogurt parfaits, smoothies, trail mix, energy balls, and low-fat cottage cheese. When planning healthy snacks focus on whole grains, lean protein, and healthy fats while being mindful of added sugar and sodium. Some key elements to focus on when making or planning smart snacks are thinking about convenience and variety and flavor while being mindful of eco-friendly packaging and ingredients. Food Service would like to share some easy smart snacks ideas and recipes please go to this link for more information.

[Smart Snack Recipes and ideas 2024-25](#)



Pam French



Fun Days to Look Forward to this Month

Pam works in the high school kitchen. Recently we had a lot of employees off sick and Pam stepped up to help out in Mill Creek’s kitchen. She is always willing to come in early or go wherever is needed. Pam comes to work with a great attitude and makes everyone laugh. Her positive attitude brightens every kitchen she touches. Thank you for helping out when we needed you the most.



- February 2nd- Groundhog Day
- February 3rd – National Carrot Cake Day
- February 4th-National Homemade Soup Day
- February 7th – National Fettuccine Alfredo Day
- February 11th – National Peppermint Patty Day
- February 12th – Count Day
- February 13th – National Tortellini Day
- February 14th – Valentines Day
- February 17th - President’s Day
- February 14-18th – No School -Mid Winter Break
- February 20th - National Muffin Day
- February 21st – National Grain-Free Day
- February 24th – National Tortilla Chip Day
- February 27th – National Chili / Strawberry Day
- February 28th- National Pancake Day

★ Jamie Bogart ★



Jamie is our food service and school district Courier. He is a man of all trades! Jamie has the privilege of taking care of all the kitchens. I just wanted to express my appreciation for the small but impactful things you do to contribute to our team’s success. Thank you for helping put shipment away. Thank you for bringing items to different buildings when needed. Thank you for being available and willing to ensure that the kitchens have everything needed to take care of our students. Comstock Park is lucky to have you!



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





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 3rd – 7th, 2025

In your cafeteria, a thrilling mystery is about to unfold for the 2025 National School Breakfast Week (#NSBW25). Picture this: the breakfast table is a crime scene, and every morsel holds a clue to unlocking the secrets of a healthy start to the day. We've donned our detective hats for this theme, "Clue In to School Breakfast." With a detective/mystery theme, this event theme will help to captivate young minds and reveal the hidden truths behind a nutritious morning meal. As National School Breakfast Week approaches, the stage is set for a thrilling adventure in nutrition and discovery. So, grab your magnifying glass, sharpen your wits and join the investigation—breakfast mysteries await!



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.



Confetti Raspberry Coleslaw: Serving Size – 4

| | |
|----------------|----------------------|
| ½ Cup | Fresh Raspberries |
| 2 Cup | Confetti Coleslaw |
| 1/8 tsp | Mustard |
| ½ tsp | Sugar |
| ½ tsp | Apple Cider Vinegar |
| 2 tbsp 2 ¾ tsp | Mayonnaise |
| 2 tbsp ¾ tsp | Shredded Carrots |
| 5 1/3oz | Shredded Cabbage Mix |

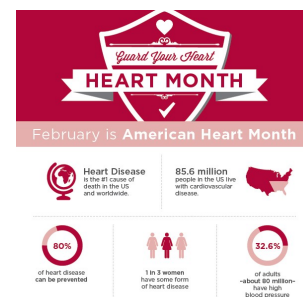
Method:

First, in a large mixing bowl, mix mustard, mayonnaise, sugar and vinegar. Next, combine the carrots and cabbage. Pour the dressing over the vegetables and mix well. Gently fold raspberries into coleslaw mix and enjoy!



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!



Black History Month

Honor this significant month by highlighting influential figures, literature, or events celebrating Black history and culture.

