

Comstock Park Food Service October Newsletter



What's New in Your Schools?

October is a great month to celebrate!! October is National Farm to School Month. One way we will be celebrating is through our Annual Apple Crunch Event on Monday Oct. 7th. Food Service will be supplying Michigan Apples to all of our students and teachers. Each building participating will all crunch together at the same time. The Apple Crunch gives us a great introduction to discussing food in a classroom setting; who grows our food, family food traditions, and even who goes hungry. Comstock Park Schools is also a 10 Cents a Meal Grantee, which allows us to purchase more locally grown produce. Check out our menus to see what Michigan Produce we are serving. October 14 through the 18th is National School Lunch Week. We will be hosting fun events happening all week long to celebrate school lunch. Food Service will be sending out a flyer next week with more information on our celebration. We are also kicking off our global eats program with Mexico and introducing a few new or different food options to our students.

STONEY CREEK KITCHEN/CAFÉ REMODEL

BEFORE



AFTER



Events & Fun Days to Look Forward to this Month

- **Oct. 1st**
World Vegetarian Day
- **Oct. 4th**
National Taco Day
- **Oct. 6th**
National Noodle Day
- **Oct. 7th**
Michigan Apple Crunch
- **Oct. 14th – 18th**
National School Lunch Week
- **Oct. 17th**
National Pasta Day
- **Oct. 21st**
Apple Day
- **Oct. 25th**
National Breadstick Day
- **Oct. 30**
National Candy Corn Day
- **Oct. 31st**
Halloween

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Discovery Kitchen:

October is Seed to Table Month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.



Michigan Apple
Crunch Day
Oct. 7, 2024

Michigan Apple Crunch:

The Michigan Apple Crunch is an annual event hosted by MSU Extension and the Michigan Farm to Institution Network to promote National Farm to School Month and celebrate the iconic Michigan Apple. Thousands of participants from K-12 schools, Early Care and Education sites and other institutions and organizations across the state and Great Lakes Region register to crunch into a local Michigan apple on Crunch Day. Apples provide a great way to get local schools and institutions excited about supporting local farmers and they are a nutritious snack that is available in Michigan eleven months of the year

National School Lunch Week:

Created to provide nutritious meals to children from low-income families who might not otherwise have access to a daily meal, NSLP ensures the health and well-being of all public school students, boosts academic performance by giving students the fuel they need to succeed, and closes the opportunity gap for children across the country. Today, the National School Lunch Program serves nearly 30 million children every school day. Not only does it reduce childhood hunger, but it also supports American agriculture.



Darcy, Rose, & Laura



I would like to say a huge shout out to our Cheers Winners, our Stoney Creek Kitchen Crew! Stoney Creek recently had a major kitchen renovation and these ladies have been absolutely amazing. Stoney Creek used to be a satellite kitchen and now is a full cooking kitchen! They have all stepped up and out of their comfort zones to provide fresh, nutritious meals to our students. They have learned how to cook with a Combi Oven, how to order food, and most importantly how to handle change with ease. I am so grateful for these ladies and all their hard work and eagerness to learn new tasks. Thank you so much for your resilience and for bringing happy and healthy to our students.

A Reason to Celebrate!

October 4th – National Taco Day

Earlier this month, history was made when Taco Bell secured National Day Calendar's official blessing to move National Taco Day, previously on October 4, to the first Tuesday of October, permanently. After hearing fans' callouts on National Taco Day not landing on Taco Tuesday, Taco Bell and National Day Calendar had no other choice but to right this wrong for taco lovers everywhere.

Oct. 6th - National Noodle Day

We are getting ready to celebrate by doing the best thing possible with noodles...eating them!! Noodles have been around for over 4,000 years. Noodles are popular all over the world and range in shape from flat, to round, to twisted, to sheets, to tubes, and many more. They can be made from rice, buckwheat, wheat, with or without eggs and even now from zucchini.

October 25th – National Breadstick Day

A couple of stories surround the origins of the breadstick, but it is believed these delicious little sticks of bread got their start in the 17th century in the region of Northern Italy, just outside of the town of Turin. The original breadsticks, known as *grissini*, would have been hard and crunchy, with a texture and flavor that is more like a cracker.

October 30th - National Candy Corn Day

They are commonplace in store windows and at parties. We eat them like popcorn, by the handful, and so it seems only natural that we celebrate them for a day. Would you believe that technically they are a vegetable? Well, they are. Whether you grab some from your kitchen table or eat small packets, candy corn returns every year and it's not going anywhere. So, grab a handful and join us for National Candy Corn Day.

October 31st– Halloween

Join us celebrating Halloween with our festive food choices at lunch. Some fun Halloween activities include; trick-or-treating, dressing up, carving pumpkins, apple bobbing, haunted attractions and much more.