

# Comstock Park Public Schools November Newsletter



## What's Happening in November?

Through the month of November, Food Service is focusing on our fun food program called Mood Boost. 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 we eat mood boost foods regularly, especially nutrient-rich fruit and vegetables, it can help to elevate our mood and enhance our sense of well-being. This month's mood focus is on being confident. We want our students to feel positive and ready to learn everyday. Our goal is to introduce students to a variety of fruit and vegetables, prepared in different ways and to teach them that eating foods like these can help them to feel their best. We recently visited Stoney Creek during lunches and plan on doing more taste samplings at Pine Island this month. The confident food students will be trying is Strawberry Avocado Smoothies. For more information and mood boost recipes please visit the food service website and go to the Resources and activities section. <https://www.cppschoools.com/district/departments/food-service/>



## 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.



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/>



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## Events & Fun Days to Look Forward to this Month

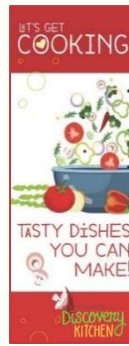
- **November 1<sup>st</sup>** – National Cinnamon Day
- **November 5<sup>th</sup>** – Election Day
- **November 6<sup>th</sup>** – National Nacho Day
- **November 11<sup>th</sup>** – Veterans Day
- **November 13<sup>th</sup>** – World Kindness Day
- **November 14<sup>th</sup>** – National Pickle Day
- **November 25<sup>th</sup>** – National Parfait Day
- **November 27-29<sup>th</sup>** – No School
- **November 28<sup>th</sup>** – Thanksgiving

chartwells  
serving up happy & healthy

## 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.



## 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 14<sup>th</sup> – 18<sup>th</sup>, 2024



Since 1946, the National School Lunch Program (NSLP) has served healthy meals and promoted nutrition education to students in Michigan schools. Following SNA's #NSLW24 theme, we celebrated in a fun, pirate-inspired way! Why pirates? They've captured imaginations for generations with tales of high seas adventures and hidden treasures. Unlike pirates, who made do with limited and often unpleasant provisions, students today benefit from fresh, varied, and well-rounded meals that support their health and learning. We're excited to share healthy meals that will keep our young crew strong and ready for adventures all school year long.

Stoney Creek & Pine Island made sure their students took on National School Lunch Week strong. Each day provided a fun treat or game for students to participate in.



## chartwells CHEERS Chelsea:



Chelsea works at the high school kitchen. She is eager to learn and always willing to come in early and help out wherever necessary. Chelsea comes to work with a positive attitude and a smile on her face. I am very impressed by her work ethic, initiative and hard work! Thank you for being a superstar!

## A Reason to Celebrate!

**November 1<sup>st</sup> - 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 6<sup>th</sup> – 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 11<sup>th</sup> – Veterans Day**  
An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11<sup>th</sup> 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 13<sup>th</sup> – 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 14<sup>th</sup> – 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 14<sup>th</sup>. All throughout history it was celebrated on different days.

**November 25<sup>th</sup> – 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 28<sup>th</sup> – Thanksgiving**  
The holiday is based on a 1621 feast shared by the Wampanoag people and the English colonists, known as the Pilgrims, to give thanks for a successful harvest. The Pilgrims also received help from the Wampanoag in cultivating crops and surviving their first winter.