

Comstock Park Public Schools

Food Services Newsletter

November 2025

Throughout the month of November we will be kicking off our new promotion “Chili Days, Warm Bellies” During this time we’ll be featuring **new chili recipes** paired with **complementary sides** to make mealtime more exciting and flavorful. This is a great opportunity for students to **try new dishes** and discover some delicious comfort foods perfect for the season. To make things even more fun, **Food Service will be hosting contests, raffles, and taste testing events** as we head into the winter months. Stay tuned and join in on the fun — it’s going to be a *chili* good time! ✨

Michigan Apple Crunch-Thank you to all of those that were able to participate.



Susan Companion's Classroom



Rachel Vandenberg's Classroom



Chili Days, WARM BELLIES

****Promotion runs November 3, 2025, - February 1, 2026****

Days are getting colder, and there’s no better way to warm up than with our Chili Days: Warm Bellies campaign! Highlight the rich, robust flavors of chili, along with other comfort favorites like stews, soups, and curries. Add in hearty proteins—turkey, chicken, and beef—to create meals that are both satisfying and familiar to younger generations. These cozy, flavor-packed dishes are designed to bring students together, brighten spirits, and create a sense of comfort in every cafeteria.

Dates to Remember:

November 3rd – National Sandwich Day

November 4th – Election Day

November 6th – Nacho Day

November 13th – World Kindness Day

November 14th – National Pickle Day

November 17th – Homemade Bread Day

November 18th – National Apple Cider Day

November 21st – National Stuffing Day

November 25th – National Parfait Day

November 26-28-No School



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chartwells
serving up happy & healthy

This institution is an equal opportunity provider.

Discovery Kitchen:

Let's Get Cooking is a celebration of homemade classic recipes that empower students to cook at home with their family and friends, especially during the holiday season. Chartwells K12 is proud to encourage students to learn basic cooking skills and to share this knowledge outside of school and in their own kitchen. This is a fun, flexible program with a variety of ways to incorporate and promote scratch-made recipes on your school menus as well as encourage students to try some of our recipes at home!



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"

Feeling *confident* means having a strong sense of self-assurance, positivity, and belief in your abilities. It's that balanced state where your mind feels clear, your energy is steady, and you trust yourself to handle whatever comes your way. Confidence is connected to both **mental and physical well-being** — and what you eat can play a big role in helping you feel that way. Foods that help you feel confident are those that boost your mood, energy, and focus. Eating **nutrient-rich options** like leafy greens, fatty fish, whole grains, nuts, and berries supports brain health and emotional balance. **Lean proteins** help with motivation and alertness, while **dark chocolate** and **green tea** give gentle mood lifts. When your body is well-fueled and your mind is clear, you naturally feel more confident and ready to take on the day.



National School Lunch Week 2025

This year, we celebrated **National School Lunch Week** with the exciting theme "**Global Eats.**" Our cafeteria teams brought international flavors to life, giving students the chance to explore foods from around the world. One of the highlights was a **fresh Pico de Gallo taste testing** at the elementary schools. Students had fun sampling the colorful mix of tomatoes, onions, cilantro, and lime while learning about how fresh ingredients are used in different cultures. The event sparked curiosity about healthy eating and encouraged students to try new foods, making it a flavorful and educational experience for everyone!



🎉 Cheers to Chelsea! 🎉

This month's *Cheers* winner is **Chelsea**, who works in the **Comstock Park High School Kitchen!**

Chelsea has shown incredible dedication to our team by coming in early and offering great support whenever it's needed. She's a quick learner, eager to take on new tasks, and always ready to help her teammates.

With the recent remodel at the high school kitchen, Chelsea has been outstanding in adapting to change while keeping a positive attitude every day.

We're so grateful for her hard work and commitment — and we look forward to many more years with her! ✨