

Comstock Park

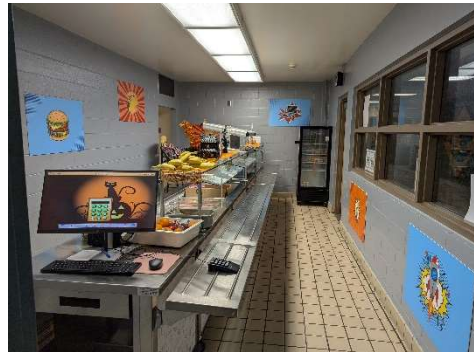
Food Services Newsletter

December 2024

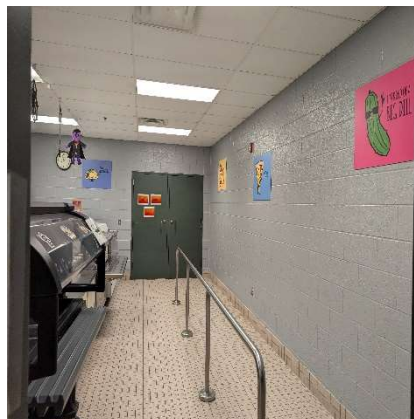
We have recently made some updates in our café's and serving areas to give the "Chartwells" serving up happy and healthy feeling. At Pine Island Elementary we painted and decorated the serving area with fun food pun signs and food art for the students to enjoy as they grab their meals and eat lunch. At Mill Creek we painted and updated the serving area with fun pop art for the students to enjoy as they grab their meals. We also have a new serving line which has allowed us to provide a larger variety of food choices for our students. At the High School we are working on new meal station signage and menu boards to help inform the students on what is available at each station and what makes a complete meal. We are also in the process of updating our high school serving area this summer to give a "market feel". Which will also give us the ability to provide more options with easier access for the students. Check out the pictures below to see some of our updates. This month we plan to do taste testing events at the High School and Middle School with the opportunity for the students to vote on their favorite food items and we will feature the winning choices on the upcoming menus.



Mill Creek



Pine Island



Fun Days to Look Forward to this Month

- **December 4th**
 - National Sock Day
- **December 5th**
 - National Comfort Food Day
- **December 11th**
 - Have A Bagel Day
- **December 12th**
 - National Gingerbread House Day
- **December 13th**
 - National Cocoa Day
- **December 16th**
 - National Chocolate Covered Everything Day
- **December 17th**
 - Maple Syrup Day
- **December 18th**
 - National Twins Day
- **December 24th**
 - Christmas Eve
- **December 25th**
 - Christmas Day
- **December 26th**
 - Candy Cane Day
- **December 31st**
 - New Years Eve

REMINDER:

December 19 & 20:

½ Day all students

Holiday Vacation:

December 23rd – January 3rd,
2025



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DISCOVERY KITCHEN FUN *Spice It Up!*

Spice It Up is a celebration of international recipes that are proven to raise the bar of the spice rack. It empowers students to cook with seasonings that are sure to spice up any meal with their family and friends. Throughout December, we'll engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Get ready to add a little spice to your day!



Global Eats: India is a seasonings and spices behemoth! Our take on Indian cuisine includes delicious dishes Tandoori Chicken, Beef Kofta Curry, and Sweet Potato & Spinach Vindaloo. India is the Spice Capital of the world! More than 70 percent of the world's spices are produced in India. India has a greater variety of spices than any other country. Almost 30% of the population in India is vegetarian! India has low rates of meat consumption per person but not everyone follows a vegetarian diet. Goat, chicken, seafood, and lamb are popular meats. Not all Indian dishes are spicy! Cuisine in northern India uses more milk products and is less spicy than the cuisine of southern India.

Fun Things In Our Cafe;



We had the opportunity to bring a special mood boost treat to our elementary buildings this month! We let the kids sample a healthy, avocado, yogurt and strawberries smoothie. All the kids who sampled it absolutely loved it! This was promoting students to be confident! We encourage students to always be confident while learning and conversing with others.



**Mood Boost in
Our Pine Island
& Stoney Creek
Cafés!**



Mood Boost: Happy

Happy foods are full of nutrients that can help support compounds in our bodies that are responsible for creating a feeling of joy and happiness. Chickpeas and legumes contain the mineral Magnesium which balance feel-good brain substances. Cantaloupe contains folate which may have mood elevating properties. Tomatoes contain lycopene which fight cellular conditions associated with depression. Sweet Peppers contain vitamin C which can promote a greater sense of happiness. Potatoes contain the mineral potassium which can fight off negative feelings

