

November Newsletter



COMSTOCK PARK PUBLIC SCHOOLS FOOD SERVICE DEPARTMENT

What's Happened in your café's?

October was a very busy month with National School Lunch Week, Michigan Apple Crunch, and Halloween celebrations. Food service celebrated these events with food tastings during lunch, Michigan apple trivia, Hippie Day, raffles during lunch, lucky trays, and prizes for everyone that ordered school meals. For the Michigan Apple Crunch we had 873 students and staff participate in this event to honor our Michigan Farmers! On Halloween we decorated our serving areas, dressed up, and prepared special meals and treats for our students to enjoy during lunch. October was a huge success. Thank you to everyone that participated.

What's Coming Up In November?

November is Lets Get Cooking month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun informative nutrition education. Lets Get Cooking is a celebration of homemade classic recipes and empowering students to join in cooking at home with their family and friends, especially during the holiday season! Check out our recipes and cooking activities on the food service website at

<https://www.cppschoools.com/district/departments/food-service/>. November is all about giving thanks! Thanksgiving is just around the corner. But more than just a feast, the holiday gathers family and friends around our cafeteria tables to come closer together. Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!). The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. We hope that everyone has a chance to enjoy family and friends over the upcoming holiday break.



National Native American Month:

The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

Events & Fun Days to Look Forward to this Month

- **November 1st** – National Cinnamon Day
- **November 3rd** – National Sandwich Day
- **November 6th** – National Nacho Day
- **November 11th** – Veterans Day
- **November 13th** – World Kindness Day
- **November 14th** – National Pickle Day
- **November 23rd** – National Eat a Cranberry Day
- **November 24th** – Thanksgiving
- **November 28th** – National French Toast Day

November is:

National Native American Month //
American Indian & Alaska Native
Heritage Month //



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serving up happy & healthy

REASONS TO CELEBRATE



A Reason to Celebrate!

November 1st - 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 3rd - National Sandwich Day

The sandwich is believed to be the namesake of John Montagu, 4th Earl of Sandwich, following the claim that he was the inventor of the sandwich. No matter who invented it, we celebrate every kind of sandwich.

November 6th - 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. One evening after the kitchen staff had left, a group of U.S. Army wives stationed at Fort Duncan in Eagle Pass came into the restaurant. After a long day of shopping, they were hungry and asked for a snack.

November 11th - Veterans Day

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th 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 13th - 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 14th - 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 14th. All throughout history it was celebrated on different days.

November 23rd - National Eat a Cranberry Day

The cranberry got its name due to the English believing that the flowers and stem resembled the neck of that self-same bird.

Once settlement of the Americas began the cranberry became a very popular crop, seeing export to Europe and an embrace as a traditional food for the Thanksgiving Holiday by the colonists.

November 24th - Thanksgiving Day

In 1621, the Plymouth colonists and the Wampanoag shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

November 28th - National French Toast Day

The breakfast favorite French toast goes by many names, depending on where it is being served up. Some of the few fun names include eggy bread, German toast, poor knights' pudding, or Bombay toast.