

January 2023 Newsletter



COMSTOCK PARK PUBLIC SCHOOLS FOOD SERVICE DEPARTMENT

Happy New Year, food service has some exciting events coming in 2023! As we start out January, we will be celebrating National Trivia Day with fun American Road Trip Trivia and prizes during lunches. We will also be celebrating National Popcorn day with free popcorn for anyone that orders school lunch. Food service will be having taste testing tables set up at the elementary buildings for all students to have the chance to try some new food choices and recipes. As we move into February we will be implementing Student Choice at the secondary buildings. Food Service will have taste testing at the secondary buildings where students will have the opportunity to vote on their favorite new food concept and the menu option that receives the most votes will be featured on the upcoming menu. Let's bring in the new year with fun new menu options and nutritional activities for students to enjoy.



What's new in the kitchen?
Student Choice is all about giving kids a say!

Fun testing and voting events empower students to share their voice and decide what food makes it on their school menu.

The Great American Road Trip Recipe

Spiced Warm Peaches – 10 Servings Serving Size ½ Cup

Ingredients:

- *15 peaches peeled & sliced
- *2.5 tbsp butter
- *7.5 tbsp Splenda Brown Sugar Blend
- *2.5 tbsp lemon juice
- *2.5 tbsp water
- *5/8 tsp cinnamon
- *5/8 tsp nutmeg
- *2.5 tsp vanilla extract
- *5/8 cup almonds, toasted

Method:

1. Melt butter in a non-stick frying pan, over low heat.
2. Add brown sugar Splenda, lemon juice, water, and peach juice
3. Add Cinnamon and nutmeg and bring to a low simmer
4. Add Vanilla extract
5. Gently stir in the sliced peaches and warm them through.
6. Serve with vanilla ice cream and top with toasted almonds.

Events & Fun Days to Look Forward to this Month

- January 1st – New Years Day
- January 5th – National Bean Day
- January 16th – Martian Luther King Jr. Day
- January 19th – National Popcorn Day
- January 20th – National Cheese Lovers Day
- January 21st – National Granola Day

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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serving up happy & healthy



January is The Great American Road Trip! Designed to spark curiosity about agriculture and cuisines around the country. The Great American Road Trip is packed full of delicious recipes and fun activities for student diners of all ages.

The Great American Road Trip Fun Facts

1. The state of Georgia's nickname is "The Peach State" because of its reputation for producing the highest quality peaches, although neighboring state South Carolina grows more peaches each year.
2. Chopped green peppers, onions, and celery are known as "The Holy Trinity", and are a staple in creole and Cajun dishes of Louisiana .
3. Ready for a pit stop and some delicious food on the go? Stop in New Jersey, the Diner Capital of the World, with over 600 diners statewide.
4. Take a tour of America and taste different styles of chili. Try spicy Chili Con Carne while in Texas, Chili Verde in New Mexico, Cincinnati Chili in Ohio, and Springfield Chili in Illinois.
5. The warm sunny weather in California is the perfect climate to provide great growing conditions for 90% of the country's avocados, broccoli, dates, kiwi, apricots, artichokes, almonds, and celery.
6. Cornfields are often seen along highways and Indiana is one of the country's biggest corn producers. The state takes great pride in its kernel production and even has a town named Popcorn.
7. Not all BBQ Sauce is the same. From the Carolinas to Texas, each state has its own specific style of sauce whether it's a dry rub, thick and spicy, tangy and sweet, or vinegar-based.
8. Baked Beans aren't just for cookouts. Make a trip to Boston, Massachusetts and try their famous Boston Baked Beans, which earned the state the nickname "Beantown."

A Reason to Celebrate!

January 1st – New Years Day- This was after the old lunar-based Roman calendar became ineffective. Another reason behind making January 1 the start of the New Year was to honor Janus — the Roman god of beginnings who had two faces. This means that he could go back to the past and move forward to the future.

January 6th – National Bean Day - As far as our research has shown, National Bean Day is a holiday which was invented by Paula Bowen as a way to honor her father who was a pinto farmer. Supposedly, she picked January because not a lot of holidays are celebrated this month.

January 16th – Martin Luther King Jr Day - Martin Luther King Day is observed every year on the third Monday of January — on January 16 this year. King was an influential civil rights leader — best known for his work on racial equality and ending racial segregation in the United States. His life and achievements are remembered and celebrated on this day.

January 19th – National Popcorn Day - Popcorn has a very long and varied history. Historians believe that corn whose kernels could be popped was first cultivated around 5000 B.C.E in Mexico. Archeologists have found evidence of first popcorn maker – a utensil with holes and a handle – dating back to 400 C.E. in Peru.

January 20th – National Cheese Lovers Day- There aren't any records pinpointing the exact event when cheese was created, but the earliest record of pasteurizing cheese dates back to 5500 B.C. in the geographical region that's now Poland. The earliest cheeses were mostly cottage cheese churned at home, and this is likely how cheesemaking started.

January 21st – National Granola Bar Day - Dr. James Caleb Jackson produced the first granola variety, in 1863. The doctor-owned and ran Jackson Sanitarium, a healing spa in Dansville, New York. Jackson produced granola by crushing and baking Graham flour. To promote the cereal, he founded Our Home Granola Company and patented the name Granola.

★ Barb Morefield: ★

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CHEERS 📣



Barb works lunch at the high school. She has shown her dedication in many ways. Barb helps with breakfasts whenever we are short staffed. She comes in early when needed. Barb is truly a team player. She always has a positive attitude that is contagious. Barb is a joy to work with.