

# March Newsletter

## COMSTOCK PARK'S FOOD SERVICE DEPARTMENT

The United States Department of Agriculture (USDA) School Breakfast Program (SBP) and National School Lunch Program. These meal patterns have specific daily meal component requirements and weekly average nutrition specifications for calories, saturated fat, sodium, and trans-fat.

The current SBP [meal pattern](#) requires fruit (or vegetables), milk, and whole grains. Whole grain selections can include items such as cereals, breakfast bars, and muffins, and fruit selections can include fresh fruit, canned fruit packed in juice, and 100% fruit juice. *(continued on page 2)*

### Did you know we offer breakfast at all of our buildings?

Building	Time
Stoney Creek	8:40AM-9:05AM
Pine Island	8:30AM – 9:00AM
Mill Creek	7:20AM – 7:35AM
High School	7:30AM – 7:50AM



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

- March 6<sup>th</sup> – 10<sup>th</sup> – National School Breakfast Week
- March 9<sup>th</sup> - National Meatball Day
- March 13<sup>th</sup> – National Chicken Noodle Soup Day
- March 14<sup>th</sup> – PI Day
- March 17<sup>th</sup> – St. Patrick's Day
- March 20<sup>th</sup> – National Ravioli Day & First Day of Spring
- March 21<sup>st</sup> – National Crunchy Taco Day
- March 22<sup>nd</sup> – World Water Day
- March 23<sup>rd</sup> – National Chip N Dip Day
- March 30<sup>th</sup> – National Hot Chicken Day

### School Breakfast Program Fun Facts

- Did you know that the school breakfast program serves nearly 14 million nutritious breakfasts to hungry children across the country everyday.
- Research shows that students who eat school breakfast are more likely to reach higher levels of achievement in reading and math; score higher on standardized tests; have better concentration and memory; and maintain a healthy weight.

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.cpps.schools.com/district/departments/food-service/>

**chartwells**  
serving up happy & healthy



Melissa Alley  
DIRECTOR OF DINING SERVICES  
616-254-5242  
[Malley@cppschools.com](mailto:Malley@cppschools.com)

Some breakfast grains resemble retail options you see at the grocery store. While these items have similarities in taste and quality, they have different K-12 product formulations to better meet the meal pattern. Most of these K-12 formulated grains are whole grain and/or have less added sugar. For instance, the Pop-Tarts we purchase are whole grain and Cinnamon Toast Crunch Cereal has reduced sugar content. Don't believe us? Check the nutrition facts and ingredient panel for yourself. For example, Trix Yogurt:

**School vs Retail**

Yogurt packaged for school meals has **35% less** sugar than the same brand yogurt packaged for retail.

Amount per serving	% Daily Value*
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 0g	0%
<b>Total Sugars 14g</b>	
Includes 11g Added Sugars	<b>23%</b>
<b>Protein 3g</b>	

Nutrition Facts	
Serving Size	1 each (113g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsat. Fat	n/a
MonoUnsatur. Fat	n/a
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Fiber 0g	0%
<b>Total Sugars 9g</b>	
Includes 6g Added Sugars	10%

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education.

Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.



Bonnie Sawinski:



Bonnie is the lead cook in our High School Kitchen. She is an absolute joy to have on our team. Bonnie's work ethic and dedication to her job and most importantly to our students is inspiring and appreciated. She always shows up and gives 110%. She goes the extra mile to make sure everyone is taken care of. Comstock Park is lucky to have such a dedicated employee. Thank you for all you do every day.

## A Reason to Celebrate!

March 6<sup>th</sup> – 10<sup>th</sup> - National School Breakfast Week (NSBW) - Celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

March 13<sup>th</sup> – National Chicken Noodle Soup Day – Campbell's Noodle Soup with Chicken was introduced in 1934.

March 14<sup>th</sup> – PI Day - It is a mathematics to represent a consistent which is approximately 3.14159.

March 17<sup>th</sup> – St. Patrick's Day – Observes of the death of St. Patrick, the patron saint of Ireland.

March 20<sup>th</sup> – National Ravioli Day - originated before the 14th century as it was already a food that was consumed in other parts of Europe and the world at this time. It was eaten in England and in several other countries around the world. At this time, no one knows who invented National Ravioli Day

March 20<sup>th</sup> – First Day of Spring - Spring Equinox signals the arrival of Spring in the United States, and with it the nicer weather, and the blooming of flowers and plants. In the Southern Hemisphere, the Vernal Equinox signals the start of Autumn, as this hemisphere becomes tilted away from the Sun.

During the equinox, the day and night are nearly the same lengths, approximately 12 hours long each. It is at this point that the change happens when the days become longer and the nights become shorter.

March 21 – National Crunchy Taco Day- Tacos are traditionally served on soft corn tortillas in Mexico, but the crunchy fried shell is a more recent version of the food. The first written recipe for tacos written in English was included in a cookbook in 1914 and the recipe was written for tacos that were meant to be fried.

March 22 – World Water Day - is about accelerating change to solve the water and sanitation crisis.

March 23 – National Chip N Dip Day - The popularity of chips grew in the U.S. in the early 1900s when Mikesell's Potato Chip Company began mass production of the snack. Today, Americans eat 1.2 billion pounds of potato chips every year!

March 30<sup>th</sup> – National Hot Chicken Day - First sold at Prince's Hot Chicken Shack in Nashville in the 1940s, the original hot chicken was coated with a paste of cayenne pepper and lard, other seasonings, and flour.