

October Newsletter



COMSTOCK PARK PUBLIC SCHOOLS FOOD SERVICE DEPARTMENT

We are super excited to have the opportunity to feed our students free breakfast and lunch for the 2023-24 school year. Please make sure you have completed the Education Benefit Form. We only need 1 form per household. You can complete the form online at <https://comstockpark.familyportal.cloud/> Every form Counts!! These forms help support our educational programs and resources we can offer our students. Due to the increase in food cost, we had to increase some of our a la carte prices. Milk will now be \$0.60 instead of \$0.50. For a full list of our a la carte prices please check out the food service website under the meal prices section at <https://www.cppschoools.com/district/departments/food-service/> October is a great month to celebrate!! October is National Farm to School Month. One way we will be celebrating is through our annual Apple Crunch Event. We will also be celebrating National School Lunch Week October 9-13th with fun events happening during lunch all week long! We will be introducing our new food concept Global Eats. For October our first stop is Mexico. We will end the month with some Halloween tricks and treats!



National School Lunch Week Oct. 9-13, 2023

President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. We will celebrate all week long!



Michigan Apple Crunch October 12, 2023

To promote National Farm to School Month and to celebrate our Michigan Farmers we will be holding our annual Michigan Apple Crunch on October 12, 2023.

Events & Fun Days to Look Forward to this Month

- Oct. 2 – School Custodian Appreciation Day
- Oct. 4 – National Taco Day
- Oct. 6 – National Noodle Day & World Smile Day
- Oct. 9-13-National School Lunch Week
- Oct. 12– Michigan Apple Crunch
- Oct. 13 Half Day-No Lunch
- Oct. 17- Pasta Day
- Oct. 26-Pumpkin Day
- Oct. 27-Potato Day
- Oct. 31 – Halloween

October is National Farm to School Month
National Hispanic Heritage Month Sept 15-Oct. 15th



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October is Seed to Table Month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

Global Eats



Mexico- Dishes are simple yet packed with fresh flavors like lime and cilantro and the heat of peppers and spices. Chicago-based Chef Jonathan Zaragoza, whose family owns Birrieria Zaragoza, helped develop the menu items we will be featuring including; Pork Carnitas, Chorizo & Egg Burrito, Four Cheese Enchiladas, Hortchata Parfaits, Spiced Mangos, Corn & Pineapple Salsa, Pico de Gallo, & Elotes Style Corn.

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CHEERS

★ Jill Cobb



★ Jill is one of our food service staff members at Mill Creek Middle School Kitchen. She takes pride in the job she does and enjoys trying new recipes and food choices for our students. Jill's dedication is shown every day. She steps up and helps out wherever needed. Thank you for being such a team player and for always going above and beyond. ★

A Reason to Celebrate!

Sept. 15-Oct. 15 – Hispanic Heritage Month & National Taco Day

Hispanic Heritage month is annually celebrated from September 15-October 15 in the United States for recognizing the contributions and influence of Hispanic Americans to the history, culture and achievements for the United States. We will be celebrating weekly with featured Mexican cuisine and toppings such as lime wedges, cilantro, tomatoes, and homemade Pico de Gallo

Oct. 2, 2023-School Custodian Appreciation Day

This is the perfect opportunity to let our amazing custodial staff know how much they are appreciated everyday.

Oct. 6, 2023 – National Noodle Day

We are getting ready to celebrate by doing the best thing possible with noodles...eating them!! Noodles have been around for over 4,000 years. Noodles are popular all over the world and range in shape from flat, to round, to twisted, to sheets, to tubes, and many more. They can be made from rice, buckwheat, wheat, with or without eggs and even now from zucchini.

October 9-13, 2023- National School Lunch Week

Learning is tough work-and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. The National School Lunch Program was created to provide nutritious meals to children from low-income families who might not otherwise have access to a daily meal. Today the NSLP serves over 30 million children every school day. Not only does it reduce childhood hunger, but it also supports American agriculture.

October 31, 2023– Halloween

Join us celebrating Halloween with our festive food choices at lunch. Some fun Halloween activities include; trick-or-treating, dressing up, carving pumpkins, apple bobbing, haunted attractions and much more.