

Comstock Food Service December 2023 Nutrition Newsletter



Holiday Spirit Happening Here

Welcome to your monthly newsletter! We are excited to share our story with you!

December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Spice It Up! Is a celebration of international recipes that are proven to raise the bar and we are diving into flavor with nutmeg, cumin, chili powder, cinnamon, and Italian seasoning.



In this issue:

What's New in your Schools?

12/11 Pepperoni Pasta Bake
12/7 Seasoned Zucchini at the Elem. buildings

Spiced Mango Tasting

On December 8th we head to STEM for students to taste-test this new recipe

Events to Look Forward to this Month

Dec 13-15 Spice it up with our corn and pineapple salsa

Did You Know?

- Indonesia produces majority of the world's nutmeg
- Cinnamon was once worth more than gold

A Reason to Celebrate!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long. All students will receive a cookie with their lunch on December 4th!

December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous.

December 15: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17th calls for orders of pancakes, french toast, or biscuits topped off with butter and delicious maple syrup.

Lucky Tray Day: December 20th! All Month Long: Happy Holidays



Taste Of India

Enjoy a taste of India in our high school café.

December 13

Beef Seekh with Cumin Roasted Potatoes, Yellow Rice, Flatbread and Raita Sauce

December 19

Slow Simmered Chicken Curry with Yellow Basmati Rice, Quinoa with Brussel Sprouts, and Flatbread with Cilantro Mint Chutney



Zucchini bread tasting at CES in November

Pop-Tart Holiday Houses

This month is all about celebrations. And one of this season's traditions is making gingerbread houses. These sweet treats are as beautiful as they are delicious! Get in the spirit with houses made from Pop-Tarts!

chartwells
Discovery
KITCHEN
AT HOME



Here's a quick tutorial from **Bake Me Some Sugar**:

Step 1: Place 2 pop tarts on cutting board, and cut top corners in an angle. This will be the peaks.

Step 2: With one pop tart cut a door into it. Just a rectangle at the bottom center works great.

Step 3: Put icing into a piping bag or zipper baggie. Cut the tip off the end.

Step 4: Next, break a graham cracker in half, and use each portion for the sides of the house. Use the frosting as the glue. Make a strip on the graham cracker, and press into the pop tart.

Step 5: Add more frosting on the edges for the roof to attach. The roof is a part of a graham cracker you break in half.

Step 6: Secure both sides of the roof on the Pop-Tart, then let sit tart, and again let it sit a few minutes to set up the frosting.

Step 7: Next, work on the roof. I added strips of frosting, followed by pretzel sticks to create the wooden roof. Repeat the process till all pretzels are on the roof.

Step 8: Then you will add a layer of frosting where the roof peaks, and add on your candy flower garnishes.

Better Together

At the heart of Chartwells is a strong team of motivated, caring and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal –delivering the best foodservice possible. Meet your management team below and look for future spotlights on our other fabulous team members in the months to come.



Holly Wait, Food Service Director

Holly has worked with Chartwells K12 for 28 years, with 19 of those being involved with PSD. She has been the director at Parchment & Comstock for the last 12 yrs. and is responsible for the overall compliance of the Federal Child Nutrition Programs.

Holly.Wait@comstockps.org



Sarah Guritz, Asst. Director

Sarah joined our management team in 2019 and is a valuable asset as it relates to training, employee relations, and most recently took over as the lead for our marketing events in the district.

Sarah.Guritz@comstockps.org



Clayton Osborn, Production Manager

Clayton celebrated his 1-yr anniversary with the district a few months back. He has taken the lead on our catering, creative culinary recipes for students, and is our Safety Champion.

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Food Service Forms

[Food Service Forms](#)

By scanning the QR code or clicking the link above, you can find some of our most requested department forms. These are some of the forms you can find:

1. **Special Dietary Needs Form from Michigan Dept. of Education Catering/Supplies Request**
2. **Teacher Field Trip Request for Sack Lunches**
3. **Flyer with important websites**
4. **Selling Food for Fundraisers at School**