

# Comstock Food Service February Nutrition Newsletter



## Lots to LOVE About School Dining

Welcome to your monthly newsletter! We are excited to share this month's nutrition news and events with you. This month, our Discovery Kitchen theme is Smart Snacking. We will be hosting a live tasting event at Compass High School which features our **Homemade Spicy Lime Chips** with fresh tortillas from KVCC Valley HUB. Be on the lookout for fun nutrition education throughout the month in all of the buildings.

Want to learn how to make "Roasted Beet Fries" at home with your family? Click below to watch a quick and easy video!

### [How to Make Roasted Beet Fries](#)



In this issue:

#### What's New in your Schools?

~Homemade Zucchini & Squash Chips with produce from Valley Hub & Tom Maceri (see article in this addition)

#### Better Together: Team Member Spotlight

~ Meet Sonya & Joan from STEM Academy kitchen

#### Events this Month!

~Homemade Spicy Lime Chips  
~Lucky Try Day 2/20/24  
~'Positivity Week' @CHS & CMS week of Feb. 26<sup>th</sup>

#### Did you know?

- The first Superbowl ticket cost a whopping \$12.
- Approximately 1.3 million chicken wings are consumed on Superbowl Sunday.

## Comstock Partners with Valley HUB for Local Produce

In an effort to spend our “10 Cents A Meal” grant funding for the 2023-24 school year, Holly has been exploring ways to purchase directly from our farmers in Southwest Michigan. As you can probably imagine, there are a whole lot of USDA regulations and food safety issues to tackle when purchasing directly from a local farm to serve children at school.

I'm please to announce that KVCC Valley HUB is prepared to take on the direct relationship with our farmers and created a new online ordering platform to streamline the process for local school districts. This is such exciting news!

We have already placed some orders with the HUB so maybe you have seen their delivery truck already in the district. Look for upcoming stories on how we are using these products at school and in our catering menus.

Our #1 local produce supplier has been Tom Maceri & Son (formerly Coastal Produce) for 8 years now so Valley HUB can assist us with some micro-purchasing of local Michigan fruits, vegetables, and grains.

See below for more information on Tom Maceri & Son

[Tom Maceri & Son Produce Distributors](#)



*Photo by Sarah Rypma: Delivery truck at ValleyHUB in Kalamazoo, Michigan.*



**TOM MACERI & SON**  
Wholesale Produce Distributors

## A Reason to Celebrate!

### February 8: National Tater Tot Day

These Tater Tots are delicious bites of potato goodness. If you are a potato or Tater Tot lover, then it is a perfect day for you to have potatoes or Tater Tot for breakfast, lunch, and dinner.

### February 8: National Potato Lover's Day

Potatoes have been a popular food for centuries so it's about time we recognize this versatile and ap-peeling favorite. Mashed, smashed, chipped, or covered in cheese, potatoes can be eaten with just about every meal — or as a meal! — making these starchy veggies a delicious and easy way to get iron, potassium and vitamin c.

### February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday

### Superbowl Sunday

Talk about super bowls! Join us in the cafeteria for game fun and treat!

### February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.

### February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.

### February 20<sup>th</sup>

Lucky  
Tray  
Day



February 2nd is National Tater Tot Day

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# Fun Stuff

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 some of our team members from across the district.



## 28' Pizza?

A member of our team went to Benny DiCarta's in Kalamazoo to watch YouTube sensation Randy Santel take on a 28" pizza challenge. He did so in less than 26 minutes!

Click the link on the left and see if you can spot our team member (and someone special with them) in the photos from the MLive article.

[Food Service Team Member Cameo](#)

## Coming in March:

- National Reading Month promotion
- National School Breakfast Week March 4<sup>th</sup> – 8<sup>th</sup>
- Student Choice tasting at CHS March 7<sup>th</sup>
- Daylight Saving
- St. Patrick's Day
- SPRING BREAK!



## Employee Spotlight:

Sonya and Joan are our kitchen leaders at STEM Academy and are both pretty new to the building. They have become acclimated to the building and were welcomed with warm hospitality to their new roles and building assignment.

They both enjoy serving up Happy & Healthy to the students at STEM, and really enjoy talking about their pets- just ask them!

Sonya is serving breakfast every morning in the café before school...come and say Hello!

# Frozen Strawberry Yogurt Bites



## INGREDIENTS

½ cup chopped strawberries

1 cup plain Greek yogurt

2 tbs honey

## Equipment

- Mixing bowl
- Heart shaped mold

## Directions

1. Mix strawberries, yogurt and honey in bowl.  
Add to heart-shaped molds
2. Freeze at least two hours, or until set