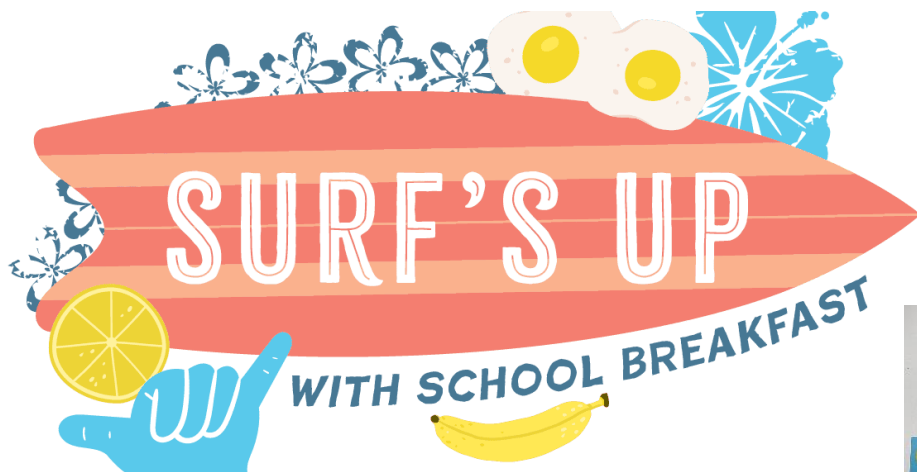


Comstock Food Service March Nutrition Newsletter



Spring Is in The Air – What's Blooming in the Cafeteria?

Well, it sure feels like Spring is here so we are excited to celebrate school breakfast with the “Surf’s Up” theme this month. March 4th – 8th we will have daily giveaways at all of our buildings and our middle and schools are giving away a paddle board on Friday, March 8th. Yes, you heard it right- students who eat breakfast at the MS and HS this week will be entered into a drawing for a paddle board on Friday. We are having so much fun with this National promotion of the School Breakfast Program and appreciate the program support from students, parents, and staff. School breakfast is an excellent way for students to get nutrition at the start of the school day and it is offered every school day at the following times:

Comstock High: In the Café 7:35AM – 7:55AM

Comstock Middle: Grab & Go 7:25AM – 7:40AM

CES: In The Classroom until 9AM

STEM Academy: 7:25AM – 7:50AM

Compass: 7:40AM – 8:25AM

In this issue:

What's New in your Schools?

***National School Breakfast Week March 4th – 8th**

***New breakfast entrees at all buildings this month**

Reason to Celebrate

***CES Team Member Spotlight**

***Compass Taste Testing**

Next Month:

***Be a Waste Warrior**

***Earth Day**

***MOOD BOOST for K-5**

Events to Look Forward to this Month:

***Student Choice: 3/14**

***Honey Ginger Tasting: CHS 3/21**

This Month in Discovery Kitchen

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is a celebration of plant-based fresh, seasonal and local foods. All of our buildings will be serving a Corn and Black Bean Salad from our recipe box the week of March 11th – 15th. Students will have this option on our cold bars as part of their vegetable selection, all week long.

Our goal is to empower students to add more plant-based ingredients to their meals! We are sampling Honey Ginger Tofu to the high school students. YUM!!

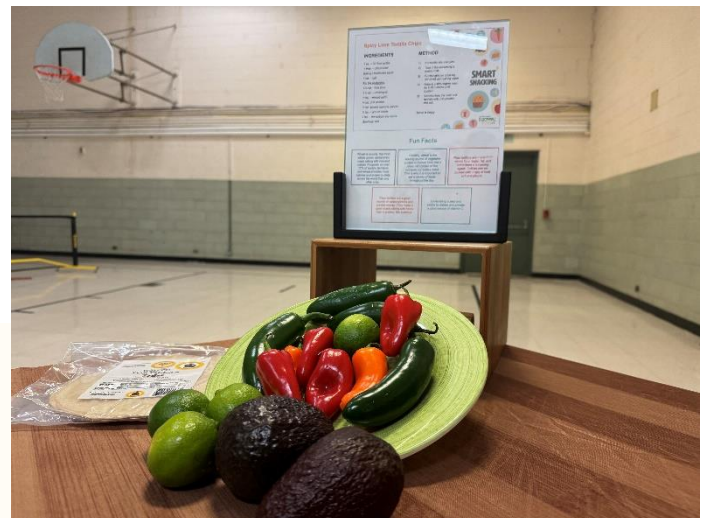


chartwells
Discovery
KITCHEN



Last Month in Discovery Kitchen

Last month, we traveled over to Compass High School to sample some Homemade Spicy Lime Chips. We purchased the fresh tortillas from Valley Hub (produced by J&J Tortilla Co. in Hopkins, MI) then made the chips in the kitchen at Comstock High School. The overall reception was “good,” but they “would be better” with a dip...haha! Thanks to the students for all of the feedback on their healthy “Smart Snacking” item.





A Reason to Celebrate!

March 4 – 8 : National School Breakfast Week

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 13th & 20th : Global Eats is Back!

Caribbean is the Global Eats country we will be visiting this month is the Caribbean, which works out great with the surfing/beach theme for National School Breakfast Week this month. At the high school, we will be featuring jerk chicken thighs, Caribbean Island style potato bake, Jamaican braised greens (Callaloo), and much more.

March 14: Pi Day (Lucky Tray Day)

Pi Day is celebrated on March 14th (3/14) around the world. The Greek letter for Pi is the symbol used in mathematics to represent a constant – the ratio of the circumference of a circle to its diameter- which is approximately 3.14159. Pi Day is an annual opportunity for math enthusiasts to recite the infinite digits of Pi, talk to their friends about math, and eat pie! We will have Lucky Tray Day in our buildings vs. eating pie at lunch.

March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green to school when your building celebrates!

March 22nd – 29th : SPRING BREAK

This needs no explanation- enjoy the time with your kids, family, and friends.

Meet Wendy – Comstock Elementary

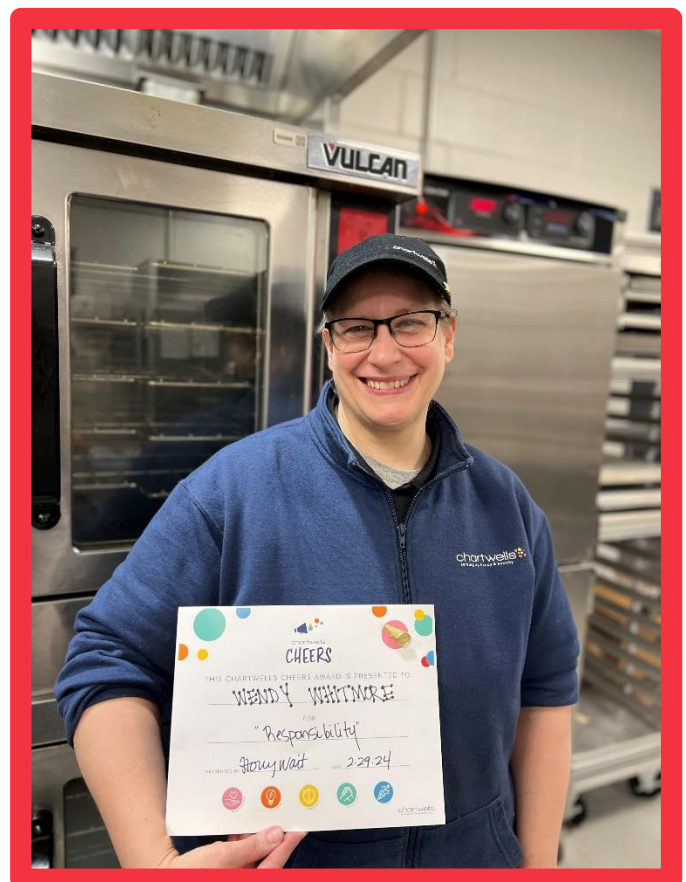


Wendy is our kitchen manager at Comstock Elementary and joined our team in January 2023. She has lead our kitchen team at the elementary and engages the other team members through her attention to detail, leadership, grace, and that great smile. Wendy is seen here with her “CHEERS” award for “Responsibility”. She can be reached at ceskitchen@comstockps.org

Tasting event at CHS on March 7th

We are having students try samples and vote for their favorite food concept: “Road Trip” (Pierogi w/Homemade Cheese Sauce and Roasted Brussels Sprouts) OR “ROOST” (Nashville Chicken Sandwich with Caribbean Coleslaw)

Look for the winner in the April Newsletter!





Watch this short video to learn how to make these brownies at home!

[Yummy Plant Based Brownies at Home](#)