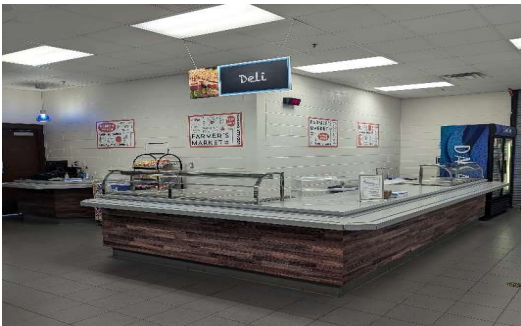


Sparta Area Schools Food Services Newsletter

December 2024

We have recently made some updates in our café's and serving areas to give the "Chartwells" serving up happy and healthy feeling. At Applevew Elementary we decorated the café and serving area with fun food puns and food art for the students to enjoy as they grab their meals and eat lunch. At Ridgeview we updated the serving windows to look like food trucks to give the students a little excitement as they grab their meals. At the Middle & High School we are working on new meal station signage and menu boards to help inform the students on what is available at each station and what makes a complete meal. We are also in the process of updating our high school serving area to give a "market feel". Check out the pictures below to see some of our updates. This month we plan to do taste testing events at the High School and Middle School with the opportunity for the students to vote on their favorite food items and we will feature the winning choices on the upcoming menus.



Fun Days to Look Forward to this Month

- **December 4th**
 - National Sock Day
- **December 5th**
 - National Comfort Food Day
- **December 11th**
 - Have A Bagel Day
- **December 12th**
 - National Gingerbread House Day
- **December 13th**
 - National Cocoa Day
- **December 16th**
 - National Chocolate Covered Everything Day
- **December 17th**
 - Maple Syrup Day
- **December 18th**
 - National Twins Day
- **December 19th**
 - ½ Day 6-12th Grade
- **December 20th**
 - ½ Day All Students
- **December 23-January 3rd**
 - Holiday Break

Visit Downtown Sparta this December:

- **December 13th** – Reindeer Night 5PM-8PM @ Sparta Town Square
- **December 14th** – Santa Visit & Cookie Decorating 10AM-Noon @ Sparta Library
- **December 19th** – Classic 1964 Rudolph Crew visit & Wagon Ride 5PM-7PM @ Sparta Chamber
- **December 20th** – Elsa, Anna, & Olaf Visit & Wagon Rides 5PM-7PM @ Sparta Chamber & Santa Visit @ Santa House at 6PM



Melissa Alley
DIRECTOR OF DINING SERVICES
616-887-1744
Melissa.alley@spartaschools.org

chartwells 
serving up happy & healthy

DISCOVERY KITCHEN FUN *Spice It Up!*

Spice It Up is a celebration of international recipes that are proven to raise the bar of the spice rack. It empowers students to cook with seasonings that are sure to spice up any meal with their family and friends. Throughout December, we'll engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Get ready to add a little spice to your day!



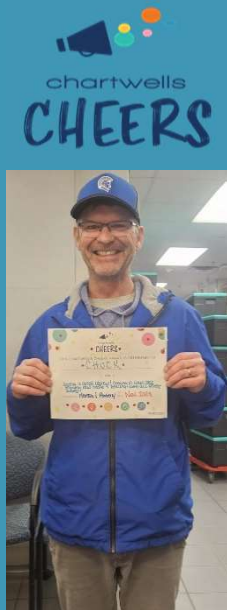
India is a seasonings and spices behemoth! Our take on Indian cuisine includes delicious dishes Tandoori Chicken, Beef Kofta Curry, and Sweet Potato & Spinach Vindaloo. India is the Spice Capital of the world! More than 70 percent of the world's spices are produced in India. India has a greater variety of spices than any other country. Almost 30% of the population in India is vegetarian! India has low rates of meat consumption per person but not everyone follows a vegetarian diet. Goat, chicken, seafood, and lamb are popular meats. Not all Indian dishes are spicy! Cuisine in northern India uses more milk products and is less spicy than the cuisine of southern India.

Global Eats:

New Staff Member;

Chuck:

Chuck is our food service delivery driver. He goes above and beyond to help out all of our kitchens. He delivers all the meals to ECC and Empower U North. Chuck does a great job training our new sub delivery drivers. Chuck's positive attitude and willingness to help others makes him a valuable asset to our team. Chuck, thank you for all you do at Sparta!



Meet Diane!

We have welcomed a former Sparta graduate to our Food Service Team! She also has kids that graduated from Sparta. Diane is our new floating sub. She will be in the district daily to help out in all of our kitchens whenever necessary. If you see her around, please say hi and give her a warm Sparta Spartan welcome!

Mood Boost: Happy

Happy foods are full of nutrients that can help support compounds in our bodies that are responsible for creating a feeling of joy and happiness. Chickpeas and legumes contain the mineral Magnesium which balance feel-good brain substances. Cantaloupe contains folate which may have mood elevating properties. Tomatoes contain lycopene which fight cellular conditions associated with depression. Sweet Peppers contain vitamin C which can promote a greater sense of happiness. Potatoes contain the mineral potassium which can fight off negative feelings

