

Sparta Area Schools Food Services Newsletter

November 2025

Throughout the month of November we will be kicking off our new promotion “Chili Days, Warm Bellies” During this time we’ll be featuring **new chili recipes** paired with **complementary sides** to make mealtime more exciting and flavorful. This is a great opportunity for students to **try new dishes** and discover some delicious comfort foods perfect for the season. To make things even more fun, **Food Service will be hosting contests, raffles, and taste testing events** as we head into the winter months. Stay tuned and join in on the fun — it’s going to be a *chili* good time! 🌟

Halloween
From Food Service



Chili Days
WARM BELLIES

****Promotion runs November 3, 2025, - February 1, 2026****

Days are getting colder, and there’s no better way to warm up than with our Chili Days: Warm Bellies campaign! Highlight the rich, robust flavors of chili, along with other comfort favorites like stews, soups, and curries. Add in hearty proteins—turkey, chicken, and beef—to create meals that are both satisfying and familiar to younger generations. These cozy, flavor-packed dishes are designed to bring students together, brighten spirits, and create a sense of comfort in every cafeteria.



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Dates to Remember:

November 3rd – National Sandwich Day

November 4th – Election Day

November 6th – Nachos Day

November 13th – World Kindness Day

November 14th – National Pickle Day

November 14th Half Day K-5th Grade

November 17th -Homemade Bread Day

November 18th – National Apple Cider Day

November 21st – National Stuffing Day

November 25th -National Parfait Day

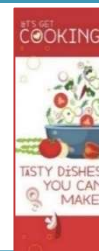
November 26-28th -No School

chartwells
serving up happy & healthy

This institution is an equal opportunity provider.

Discovery Kitchen:

Let's Get Cooking is a celebration of homemade classic recipes that empower students to cook at home with their family and friends, especially during the holiday season. Chartwells K12 is proud to encourage students to learn basic cooking skills and to share this knowledge outside of school and in their own kitchen. This is a fun, flexible program with a variety of ways to incorporate and promote scratch-made recipes on your school menus as well as encourage students to try some of our recipes at home!



Confidence is connected to both **mental and physical well-being** — and what you eat can play a big role in helping you feel that way. Foods that help you feel confident are those that boost your mood, energy, and focus. Eating **nutrient-rich options** like leafy greens, fatty fish, whole grains, nuts, and berries supports brain health and emotional balance. **Lean proteins** help with motivation and alertness, while **dark chocolate** and **green tea** give gentle mood lifts. When your body is well-fueled and your mind is clear, you naturally feel more confident and ready to take on the day.

Global Eats: Italy

This month we explore the Italian way of food. What we know about Italian food is often an American interpretation. We're taking it back to Italy's roots such as recipes like Penne Pasta with Chicken all'Arrabbiata, Baked Cod "Cacciatore Style" and Brussel Sprouts "Cacio E Pepe"



Apple Crunch: Thank you to all of those that were able to participate.



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CHEERS



Stacy Combe is a dedicated and hardworking member of the Sparta High School food service team! She takes great pride in her work. She consistently goes above and beyond to ensure meals are prepared and served efficiently while maintaining high standards of quality and presentation. Her creativity shines through in menu ideas, food displays, and ways to make meal service fun and engaging for students. With her positive attitude and teamwork, she helps create a welcoming and uplifting environment in the kitchen and cafeteria every day. We are so lucky to have her!