

# Sparta Area Schools Food Services Newsletter

February 2025

## For the month of February food service would like to focus on “Smart Snacking.”

Gen Z students are quickly becoming the “snacking generation.” With school, sports, and other extra – curricular activities, students not only need healthy meals, but snacks that will keep them energized all day. These snacks should be nutrient-dense, portable options like fresh fruit w/ nut/plant base butter, veggies w/ hummus, air-popped popcorn, yogurt parfaits, smoothies, trail mix, energy balls, and low-fat cottage cheese. When planning healthy snacks focus on whole grains, lean protein, and healthy fats while being mindful of added sugar and sodium. Some key elements to focus on when making or planning smart snacks are thinking about convenience and variety and flavor while being mindful of eco-friendly packaging and ingredients. Food Service would like to share some easy smart snacks ideas and recipes please go to this link for more information. [Smart Snack Recipes and ideas 2024-25](#)



## Ridgeview Food Service Team



Danielle, Janet, and Maria work in our Ridgeview kitchen. They are a true example of what team work means! These 3 ladies prepare around 450 breakfast and 450 lunches for Ridgeview kids everyday. They also prepare another 125 lunches daily for our students at ECC. They always come to work with a bright smile and a fantastic attitude. Thank you for always putting in your best effort at work. Your commitment to your team and job is very appreciated!!

## Celebrating Years of Service!



### Danielle Geldof:

Celebrating her 5 year anniversary with Chartwells. Danielle works in our Ridgeview Kitchen. She has a wonderful relationship with all of the students and staff. Thank you Danielle for all of your hard work!

## Fun Days to Look Forward to this Month

- February 2<sup>nd</sup> - Groundhog Day
- February 3<sup>rd</sup> – National Carrot Cake Day
- February 7<sup>th</sup> – National Fettuccine Alfredo Day
- February 11<sup>th</sup> – National Peppermint Patty Day
- February 12<sup>th</sup> – Count Day
- February 13<sup>th</sup> – National Tortellini Day
- February 14<sup>th</sup> – Valentines Day & Half Day for K-5<sup>th</sup> Grade Students Only
- February 17-18<sup>th</sup> -No School Mid Winter Break
- February 17<sup>th</sup> - President’s Day
- February 20<sup>th</sup> - National Muffin Day
- February 21<sup>st</sup> – National Grain-Free Day
- February 24<sup>th</sup> – National Tortilla Chip Day
- February 27<sup>th</sup> – National Chili / Strawberry Day
- February 28<sup>th</sup> - National Pancake Day



Melissa Alley  
DIRECTOR OF DINING SERVICES  
616-887-1744  
[Melissa.alley@spartaschools.org](mailto:Melissa.alley@spartaschools.org)



chartwells  
serving up happy & healthy



## Discovery Kitchen: Smart Snacking

Smart Snacking offers crave-able, well-balanced snacks and mini meals to help students power through their day. The traditional three square meals a day is becoming a thing of the past. Insights show Gen Z have a non-traditional eating habits and favor mini meals over the more standard style of eating. Satisfy their love of snack meals with our fun, delicious, and versatile Smart Snacking Program.

### National School Breakfast Week:

March 3<sup>rd</sup> – 7<sup>th</sup>, 2025

In your cafeteria, a thrilling mystery is about to unfold for the 2025 National School Breakfast Week (#NSBW25). Picture this: the breakfast table is a crime scene, and every morsel holds a clue to unlocking the secrets of a healthy start to the day. We've donned our detective hats for this theme, "Clue In to School Breakfast." With a detective/mystery theme, this event theme will help to captivate young minds and reveal the hidden truths behind a nutritious morning meal. As National School Breakfast Week approaches, the stage is set for a thrilling adventure in nutrition and discovery. So, grab your magnifying glass, sharpen your wits and join the investigation—breakfast mysteries await!



### Mood Boost: Happy

Emerging research has shown that the foods we eat most often may have an effect on how we feel, not just physically, but mentally. When a person eats Mood Boost foods regularly, especially nutrient-rich fruit and vegetables, it can help to elevate his or her mood and enhance their sense of well-being. Mood Boost foods contain vitamins, minerals and antioxidants that communicate with our brain to support personal characteristics such as happy, alert, strong, calm and confident.



#### Confetti Raspberry Coleslaw: Serving Size – 4

½ Cup	Fresh Raspberries
2 Cup	Confetti Coleslaw
1/8 tsp	Mustard
½ tsp	Sugar
½ tsp	Apple Cider Vinegar
2 tbsp 2 ¾ tsp	Mayonnaise
2 tbsp ¾ tsp	Shredded Carrots
5 1/3oz	Shredded Cabbage Mix

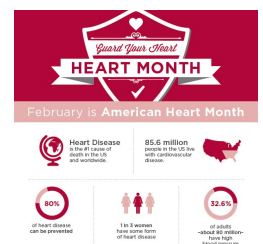
#### Method:

First, in a large mixing bowl, mix mustard, mayonnaise, sugar and vinegar. Next, combine the carrots and cabbage. Pour the dressing over the vegetables and mix well. Gently fold raspberries into coleslaw mix and enjoy!



### February is Heart Healthy Month:

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts. Join us for National Wear Red Day!



### Black History Month

Honor this significant month by highlighting influential figures, literature, or events celebrating Black history and culture.

