

Sparta Area Schools Food Services Newsletter

February 2026

During the month of February, Food Service will be showcasing **Global Eats** menu options inspired by the flavors of **China**. Celebrity Chef **Jet Tila** created signature Global Eats recipes featuring bold flavors such as ginger, soy, and chili. Menu items may include: Sweet & Sour Chicken, Fried Rice, Sweet Thai Chili or Orange Chicken, Egg Rolls, Chicken & Vegetable Dumplings, Chicken & Broccoli Stir Fry

We are also excited to introduce our new breakfast campaign, **Bloom into Breakfast: Rise & Dine Anytime!**

❖ This campaign brings fresh flavors and spring-inspired favorites that make breakfast worth waking up for. Bloom into Breakfast will run **February through May 2026** and encourages students to start their day with nutritious, delicious meals.

Please encourage your children to try school meals. Our food service staff work hard to provide meals that follow strict federal nutrition guidelines while reflecting student favorites and food trends. Even if your child brings lunch from home, they are welcome to try a school meal.

•**Elementary students** should mark school lunch as their choice in the morning.

•**Secondary students** are welcome to stop in and see what's being offered.

We will also be running **Lucky Tray Day** ❁ once a week at all buildings. Students who choose a complete school meal will have a chance to receive a special treat if their tray has a sticker on the bottom. More details will be shared in the cafeterias.

Thank you for supporting our school meal programs!

Taste Testing Watermelon Poke Bowl:

We were excited to welcome Chef Jason to Sparta High School to showcase **Discovery Kitchen- Plant Power** theme! Jason led a fun and engaging taste-testing experience that gave students the chance to explore flavorful, plant-based dishes while learning how nutritious ingredients can be both healthy and delicious. Students were encouraged to try new foods, share their thoughts, and discover how plant-powered meals can be creative, satisfying, and full of flavor. It was a great opportunity to spark curiosity about food, support healthy choices, and make trying something new an enjoyable experience for everyone. ☺ ☺

Check out the [Poke Bowl Recipe](#) and [Plant Power Fun Facts](#) !



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This institution is an equal opportunity provider.

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 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.

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.



National School Breakfast Week:

March 2nd – 6th, 2026

This years theme for National School Breakfast week is fairy tales! Whether it's classic storybooks, blockbuster films, or the latest fantasy series, knights, dragons, and enchanted kingdoms continue to capture imaginations across generations. Every adventure starts with a strong beginning and a nutritious breakfast! Keep an eye out for our flyer with special events coming soon!



February is Heart Health Month, a great time to focus on taking care of our hearts and building healthy habits that last a lifetime. Small choices—like enjoying balanced meals, staying active, getting enough sleep, and managing stress—can make a big difference in heart health. This month, we encourage students and families to learn more about making heart-smart choices and finding fun ways to stay active together. Taking care of our hearts helps keep us strong, energized, and ready to learn every day! ♡



This year, we are incredibly proud of our two kitchen Co-Head Servers who have truly stepped up and taken charge in their new roles. Mindy and Deanna at Sparta Middle School have demonstrated strong leadership, growing confidence, and a genuine willingness to learn, making their transition both smooth and successful. They have done an outstanding job managing their kitchen, supporting their team, and ensuring our students receive high-quality meals each and every day. Their dedication, teamwork, and positive attitudes have made a meaningful impact on our program, and we are excited to watch them continue to grow and succeed as leaders in food service. Thank you both for consistently going above and beyond! 🌟

