

# Sparta Area Schools Food Services Newsletter

September 2025

## **Welcome Back to School from the Food Service Team!**

We are so excited to see all of our students and staff back for another great year! Our team has been working hard to prepare delicious and nutritious meals to fuel your day.

- ✓ Hot and fresh breakfasts to start your morning
- ✓ Healthy, tasty lunches to keep you going
- ✓ Friendly faces ready to serve you every day

Let's make this school year the best one yet — full of learning, laughter, and good food! ♥

— Your Sparta Area Schools Food Service Team

## **Food Service Updates**

- ✓ Meals will be **free through September 30, 2025.**

 We are still waiting for confirmation on whether *Michigan Free Meals* will pass. As soon as we have an update, we will share it with all families.

## **Education Benefit Form**

We encourage all families to complete the Education Benefit Form. This form supports:

- Title I funding
- Testing discounts
- Pay-to-play discounts
- Many other important school programs

## **Special Incentive!**

Sparta Area Schools will be doing a random drawing for **four families to win a \$30 voucher** to the Sparta Boosters Store.

 Complete your Education Benefit Form by **September 15th** for a chance to win!

 Fill out the form here: <https://sparta.familyportal.cloud/>



According to the U.S. Bureau of Labor Statistics, there are approximately 14.9 million food service workers across the country. That's nearly 10% of the total U.S. workforce. This day was created in 1977 by President Jimmy Carter in honor of the millions of men and women who work hard every day to bring us tasty meals and snacks. From fast-food restaurants to high-end eateries, these dedicated individuals ensure that we're well-fed and happy. So let's give them a round of applause — they deserve it!



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### **Dates to Remember:** **September is National Suicide Prevention Month**

- \* **September 1<sup>st</sup>** – Labor Day No School
- \* **September 5<sup>th</sup>** – National Cheese Pizza Day
- \* **September 7<sup>th</sup> – 13<sup>th</sup>** – Chef Appreciation Week
- \* **September 22<sup>nd</sup>** – National Family Day
- \* **September 25<sup>th</sup>** – National Food Service Workers Day
- \* **September 26<sup>th</sup>** – National Dumpling Day
- \* **September 29<sup>th</sup>** – National Coffee Day

**chartwells**  
serving up happy & healthy

This institution is an equal opportunity provider.

## DISCOVERY KITCHEN FUN

### Fit

Whether it's competing on an athletic team, staying active with friends, or studying for a math test, FIT teaches kids how to fuel their bodies and minds in the cafeteria and beyond. This innovative program brings together culinary demonstrations, nutrition education, and interactive classroom activities along with healthy recipes to help everyone perform at their best and stay ahead of the game.

- Calcium helps build strong bones that active students depend upon. This mineral is necessary for protecting against stress fractures.
- Whole fruits and vegetables not only provide energy but also contain phytochemicals, which protect us from disease.
- Active muscles quickly burn through carbohydrates and need fats for long-lasting energy.



## Mood Boost: Calm

Calm foods contain nutrients that may improve a sense of relaxation by helping ease feelings of stress and anxiety.

- Black beans and other legumes contain magnesium which can help to de-stress the body
- Broccoli contains the mineral potassium which keeps blood pressure under control which may help reduce anxiety
- Strawberries contain vitamin C which protects all your body's cells from damage and may reduce anxiety
- Sweet Potatoes are full of antioxidants which help support calm feelings
- Spinach contains the vitamin folate, which can help to reduce anxiety



Get Saucy from  
**JULY 28-NOV 2**

**DIP'N TO  
FLAVOR**

We're excited to share this season's marketing materials built around our fall theme: Dip'n to Flavor! This fun, flavorful campaign encourages students to explore healthy dips, bold tastes, and hands-on eating in a way that brings energy to your cafeteria. With social media platforms like Instagram and TikTok setting the stage for food trends, introducing innovative versions of the "core four" popular dipping sauce - BBQ, Buffalo, Mustard, and Ranch - will entice students to try dipping their favorite food into something new, exciting, and only available for a limited-time!



### Chartwells Cheers:

The start of the new school year is the perfect time to revisit our cheers program. This is a program by Chartwells that celebrates with our frontline associates! Each month we will be recognizing our employees and spotlighting them in our newsletters!



### **Welcome Daisy O'Donnell!**

If you see her in our High School Kitchen, be sure to say hi! She is the newest member of our crew.

✨ Daisy has two children who attend Sparta, and she's a proud Sparta graduate herself (Class of 2010!).

📖 She holds a degree in Communications.

🏕️ In her spare time, Daisy loves taking her kids camping.

We are so excited to have her on our team! 💖