

Sparta Area Schools Food Services Newsletter

March 2025

March is National Nutrition Month. This year's theme is "Food Connects Us". The goal of this month is to raise awareness about healthy eating habits. One area food service would like to focus on is smart snack tips and eating healthy on the run. We understand that families are super busy and sometimes it is hard to get the healthy options together when you are short on time. Here are some helpful eating tips and resources you may want to utilize <https://www.eatright.org/national-nutrition-month/resources>. During this month food service will be celebrating with fun festive meals at all our buildings for Mardi Gras and St. Patrick's Day. Food Service is also doing a March Madness Student's Choice Lunch Bracket for both Sparta Middle and High School Students. Each week in March students will have the opportunity to vote on their favorite lunch choice. The final four in the March Madness Bracket will be added to the upcoming menu for the students to enjoy. Check out our March Madness Student Choice Meal Brackets Below.
[Sparta High School March Madness 2025 Student Choice Lunch Bracket](#)
[Sparta Middle School March Madness 2025 Student Choice Lunch Bracket](#)

National School Breakfast Week March 3-7, 2025

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. The School Breakfast Program serves over 12 million meals daily across the nation. During this celebration food service will be challenging students with fun breakfast trivia questions, giveaways, dress up days, and more activities to keep our detectives engaged while they enjoy school breakfast. Please check out the attached NSBW Flyers for more information on what's happening in each building.

[Sparta High & Middle School NSBW 2025 Flyer](#)
[Sparta Elementary NSBW 2025 Flyer](#)

Did you know we offer Free Breakfast everyday in all our buildings?

Sparta High School-
7:40-7:50 am
Sparta Middle School-
7:30-7:50 am
Applevew- 8:25-8:55 am
Ridgeview- 8:40-9:10 am
ECC- 8:30-9:30 am



Breakfast Facts

- Did you know that school breakfast must meet federal nutrition requirements and must follow strict meal pattern requirements.
- The meal pattern for breakfast includes fruits,(or vegetables), whole grain-rich foods, Meat/meat alternate, and milk.
- Breakfasts are also limited in sodium, calories, saturated fats, and trans fats.
- [School Breakfast Program Meal Pattern Requirements](#)

Fun Days to Look Forward to this Month

- **March 3-7th- National School Breakfast Week**
- **March 4th – Mardi Gras**
- **March 7th – National Cereal Day**
- **March 11th – Eat Your Noodle Day**
- **March 12th – Registered Dietitian Appreciation Day**
- **March 14th – Pi Day**
- **March 17th – St. Patrick's Day**
- **March 18th – National Sloppy Joe Day**
- **March 20th – National Ravioli Day**
- **March 26th –National Spinach Day**



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

chartwells 
serving up happy & healthy



Food Connects Us

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Discovery Kitchen:

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet. In March, chefs and dietitians will organize Discovery Kitchen experiences in the cafeteria and classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.



chartwells
**Discovery
KITCHEN**

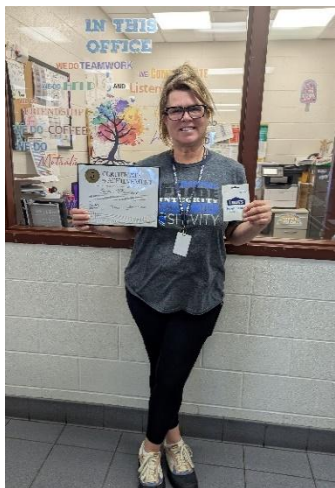
Mood Boost: Alert

Alert foods may help keep your brain energized, improving focus and concentration over time.
Watermelon contains antioxidants which help bring oxygen to the brain supporting focus
Carrots contain lutein which contributes to brain function
Brussel Sprouts contain the vitamin folate which supports brain power
Dark Chocolate is packed with antioxidants that can improve brain function
Apples contain the antioxidant, quercetin, which can maintain your mental clarity



**MOOD
BOOST**

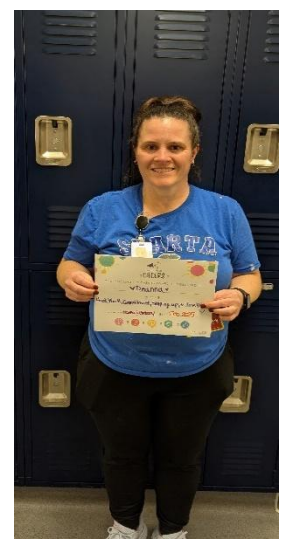
Laurie Whitmore Celebrating 5 Years!!!



Laurie works in the high school kitchen. Food Service would like to congratulate her on reaching five-years of service! Your dedication and hard work over the past five years have been invaluable to our team and students. Here's to many more successful years with us.

Deanna works in our Middle School Kitchen. She takes pride in her work and it shows everyday. Deanna is always willing to help out and pitch in wherever needed. Deanna's hard work and dedication are an example to everyone on our team! Thank you for being your best every day!

Deanna Postal



This institution is an equal opportunity provider.