

Sparta Area Schools Food Services Newsletter

January 2025

Welcome back to a New Year! Let's embrace the new year with gratitude and excitement for all it has to offer. Food service will be running student choice events at the High School and Middle School giving students a chance to vote on their favorite food options, which will be featured on upcoming menus. We will be focusing on the Global Eats Concept India in all of our cafes. We will be having our first school wellness committee meeting in January 2025. For updates and information about our committee and school wellness please visit the school food service website at <https://www.spartaschools.org/departments/menus/> Food Service is so grateful to have the opportunity to feed all of our students FREE nutritious meals everyday. Thank you to all the families that support us. I would also like to say a huge Thank You to our Sparta Area Schools Board of Education for their inspiring leadership and vision. Their guidance and decision making are crucial in shaping the future of our students and providing them the best opportunities to learn and grow. On behalf of all our Food Service Team Members, we can't thank the Board of Education enough for supporting our mission of serving up happy and healthy every day.

Mood Boost: Confident

We had the opportunity to bring a special mood boost treat to our elementary buildings! All students during lunch had the opportunity to sample a healthy, Strawberry Avocado Smoothie. This event was a huge hit, the students absolutely loved the smoothies! Certain foods enhance our moods and we were sharing food options that help them feel their very best. Food Service encourages students to always be confident while learning and conversing with others. If you would like to see more food items that help you feel more Confident, check out the food list at this link- [Mood Boost Confident Food Items](#)



**MOOD
BOOST**

Strawberry Avocado Smoothie

INGREDIENTS

1 cup Strawberry Low Fat Yogurt
1/3 cup Frozen Strawberries
1/4 cup Frozen Diced Avocado
1/4 Cup 100% Apple Juice

DIRECTIONS

1. Add yogurt, strawberries, and avocado to blender. Blend until Smooth
2. Add Apple Juice and blend for an additional 30 seconds
3. Ready to Serve

Recipe Portion 1 - 14 oz Serving
Servings: 1



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Fun Days to Look Forward to this Month

- This month is **School Board Recognition Month!**
- **January 6th**
 - 100th Day of School Lunch
- **January 9th**
 - National Apricot Day
- **January 22nd**
 - National Hot Sauce Day
- **January 24th**
 - National Compliment Day
- **January 31st**
 - National Hot Chocolate Day



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DISCOVERY KITCHEN FUN: Great American Road Trip

This discovery kitchen concept allows students to experience this great country through the power of food. Students will learn about each region's favorite dishes and about why each area's geography allows it to produce certain foods for the entire country. Designed to spark curiosity about agriculture and cuisines around the nation. The Great American Road Trip is packed full of delicious recipes and fun activities for student diners of all ages!



Global Eats:



India is a seasonings and spices behemoth! Our take on Indian cuisine includes delicious dishes Tandoori Chicken, Beef Kofta Curry, and Sweet Potato & Spinach Vindaloo. India is the Spice Capital of the world! More than 70 percent of the world's spices are produced in India. India has a greater variety of spices than any other country. Almost 30% of the population in India is vegetarian! India has low rates of meat consumption per person but not everyone follows a vegetarian diet. Goat, chicken, seafood, and lamb are popular meats. Not all Indian dishes are spicy! Cuisine in northern India uses more milk products and is less spicy than the cuisine of southern India



Fun Things In Our Cafe;



Flame:

Flame not only offers classic student favorites such as traditional burgers and sandwiches but also upscale offerings including unique toppings and bold flavors. Flame features menu items with no artificially added trans-fats, and focuses on fresh options, local produce, and whole grain bread. Coming soon to our High School & Middle School café we will let students explore two different flame options. They will be able to taste test two different options and vote on what their favorite dish! Then we will highlight it on our upcoming menu. This gives students an opportunity to have their voice heard and to have an option on their menu of their choosing!

Mood Boost: Strong

Strong foods have vitamins and minerals that help promote strong bones and muscles as you grow.

- o Cranberries contain vitamin C which helps to bring oxygen to muscles for strength
- o Swiss Chard contains the minerals magnesium and potassium which enhance exercise endurance
- o Celery contains zinc which aids in muscle building and recovery
- o Beets contain natural nitrates which increase blood flow to the muscles
- o White Beans and other legumes provide complex carbohydrate for sustained energy

