



APRIL



ZPS FOOD SERVICE NEWSLETTER

Breakfast Times

East & West High School @ C-Store
7:15 AM - 10:00 AM

Cityside Middle @ Cafeteria
7:00 AM - 7:35 AM

Creekside Middle @ Cafeteria
7:10 AM - 7:35 AM

Adams Elementary @ Cafeteria
8:25 AM - 8:40 AM

Lincoln Elementary @ Cafeteria
8:25 AM - 8:40 AM

New Groningen Elementary @
Cafeteria
8:25 AM - 8:40 AM

Quincey Elementary @ Cafeteria
8:25 AM - 8:40 AM

Roosevelt Elementary @ Cafeteria
8:25 AM - 8:40 AM

Woodbridge Elementary @
Cafeteria
8:25 AM - 8:40 AM

Free Meals for ALL Students

Through the 2024-2025 school year, every Michigan student can get FREE breakfast and lunch at their school. No qualifications necessary!

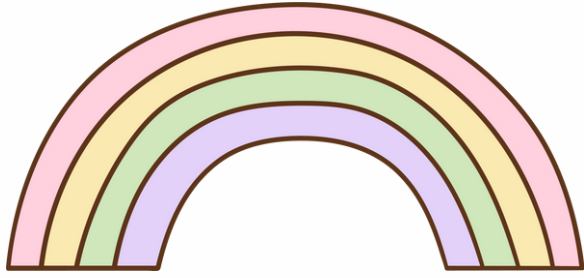
What Comes with Breakfast

A breakfast consists of an entree, fruit/juice, vegetable, and/or milk. A student must take 3 components. An entree is usually made up of two components, (2 servings of grains or 1 serving grain, 1 serving protein). One additional item, a fruit/juice or vegetable is needed to make it free. A student must take a fruit/juice or vegetable or they will be charged ala carte pricing.

What Comes with Lunch?

A lunch consists of the same three components as breakfast, but must contain a protein which is usually included in the entree. A student may choose milk, but it is not required.





April News

V-8 Energy Drink Taste-Testing at East & West High Schools

While the weather during the first week of April was bleak and rainy, Core Food Service brought the heat to East and West high school with some delicious V8 energy drinks. Students at both schools were able to try samples of Peach Mango and Pomegranate Blueberry beverages. Unlike traditional energy drinks, the caffeine in V8 energy comes from a combination of green and black tea. Each can also contains one combined serving of fruits and vegetables. V8 energy is a great source of B vitamins, and contains no added sugar or artificial colors. They are also gluten-free and non-GMO. Based on student feedback, we are excited to bring these drinks to our C-stores in the near future!



Zeeland Food Service Partners with Corewell Health CATCH Team

During the 24/25 school year, Corewell Hospital's CATCH team and ZPS' Registered Dietitian, Jordyn Parsons, have collaborated to educate students at Adams and New Groningen Elementary schools. During the month of March, the catch team (Christine Cannon, Heidi Lynema, and Kree Cooper) taught students about the importance of eating breakfast and the benefits of eating whole grains daily. Students were able to sample whole grain breakfast yogurt parfaits and whole grain veggie wraps. We are extremely grateful for all of the tools that Corewell Health equips our students with to lead healthier lifestyles!



Senior End-of-the Year Food Service Account Balance

Congratulations to you and your senior as they complete high school. During this exciting time, the Food Service Department would like to share with you different ways to use any remaining funds not used prior to graduation.

Please let the Food Service Department Staff know how to allocate your remaining funds by the end of the school day on Monday, May 19th. The following options are available:

- Transfer funds to sibling(s) within the ZPS district.
 - If choosing this option, please provide the name of the sibling(s) you wish to transfer funds to.
- Donate to our Angel Fund.
- Request a Refund
 - If your senior has a balance above \$5.00, a refund check **MUST** be mailed to you. Please provide us with the address you would like the check mailed to, as well as who the check should be made out to. Once processed, check refunds may take 4-6 weeks to receive in the mail.

All of the options listed above will be processed after the senior's last day on Friday, May 16th.

Please feel free to contact us with any questions or concerns.

Email: foodservice@zps.org

Office Phone: (616) 748-3128

Best wishes to you and your family. It has been our pleasure to serve you.

Sincerely,
ZPS Food Service Department

Michigan Harvest of the Month

BEANS



FUN FACTS

- Michigan produces more than 400 million pounds of dry beans a year, and is the second largest producer of dry beans in the USA.
- Dry beans are an excellent source of folate, which supports the production of healthy red blood cells and is important during periods of rapid growth.
- Dry beans are a sustainable resource. They store nitrogen that is released into the soil, require little water, and take fewer resources to grow than other protein sources.

Bean Salad w/ Fresh Herbs

Ingredients

- Two 15.5 ounce cans beans, drained and rinsed, any kind
- 2 tablespoons onion, chopped
- 2-3 tablespoons fresh herbs, chopped
- 2.5 tablespoons cider vinegar
- 4 tablespoons olive oil or vegetable oil
- 0.25 teaspoon black pepper

Instructions

- In a medium bowl, combine all ingredients. Mix gently. Taste and adjust seasoning if needed.
- Serve immediately or chill and serve later. Will last up to three days in the refrigerator.

Change it Up

- Herbs that go well together are: dill & chives, mint & parsley, basil & oregano, and cilantro & garlic.
- Use dry spices if you don't have fresh. For every tablespoon of fresh herbs, use 0.5-1 teaspoon dry herbs.
- Add drained canned tuna or cooked chicken.

Meet the Farmer **SERIES!**

Wells Orchard

Wells Orchards is a working family farm located along the Grand River west of Grand Rapids. Our family has been raising tree fruit commercially for over 125 years, 105 of those years on this farm. We grow many varieties of tree fruits, including apples, peaches, pears, sweet cherries, nectarines, and plums along with other crops. Our goal is to provide the highest quality fruit to the public, at reasonable prices, and in a friendly atmosphere.

Our apples and other tree fruit are grown using Integrated Pest Management. We use the best method of pest and disease controls, both conventional and organic. We continuously monitor orchard pests to ensure that the minimal amount of spray is applied. Also, we do NOT wax our fruit, so it can be washed clean by the consumer. WE GROW ALL OUR TREE FRUIT ON OUR FARM. We do sell other Michigan products, such as Dried Cherries and Apple Cider as well, which we feel are the best quality available.



Order Online, Avoid the Line!

Orders must be placed by 8:00 AM on the day you plan to eat. Lunch orders placed after 8:00 AM will not be prepared.. One complete meal is free to students. A complete meal consists of a deli sandwich, fruit/vegetable side, and/or milk. Adults will be charged \$5.15. Your order will be ready for you at the location you select. Available at both East & West High School.

Click [here](#) to place your order!

Join Our Team!

Are you looking for a part-time job during school hours? Do you like to work around students? If you answered yes to both of these questions, apply for an On-Call Food Service Sub Position!

This is a great opportunity to learn about food service and may even lead to a permanent position. Click [here](#) to apply today!

ZPS Wellness Policy

As required by law, the Board of Education establishes a Wellness Policy for the Zeeland Public School District. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. To review the Wellness Policy, click [here](#), or visit the Wellness Policy tab located under the Food Service Department webpage. Anyone wishing to discuss the ZPS Wellness Policy may contact either Sarah Stone, ZPS Food Service Director, or the Food Service Department Office.

Sarah Stone

E: [ssstone@zps.org](mailto:sstone@zps.org)
P: (616) 748-3126

Food Service Department Office

E: foodservice@zps.org
P: (616) 748-3128

Helping Kids Maintain a Healthy Weight

It's no secret that the United States of America is experiencing an epidemic unlike any other: the obesity epidemic. Obesity rates continue to remain high in adults across the United States... how do we help our students make healthy changes to avoid this epidemic? Click the link to read an article from the Academy of Nutrition and Dietetics: [Helping Kids Maintain a Healthy Weight: A Cheat Sheet for Success.](#)