



DECEMBER

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.

December News



ECC Baking Unit

Students in Ms. Bickel's Rainbow Room had so much fun baking brownies during their baking unit. Our registered dietitian, Jordyn Parsons, helped the students make vegan chocolate chip brownies. Vegan brownies are a great option if your children have food allergies to eggs and/or dairy. Did you know that you can substitute eggs for applesauce or mashed bananas in a recipe?



National School Breakfast and Lunch Standards

The National School Breakfast and Lunch programs are designed to correlate with the Dietary Guidelines for Americans. This requires schools to serve whole grains, lean proteins, fruits, vegetables, and low-fat milk daily to their students. With the most recent update to the meal standards, students will start seeing meals that are even lower in sodium, saturated and trans fat, and added sugars.



MI HARVEST OF THE MONTH WINTER SQUASH



- Winter squash ripens on the vine, and is ripe when the rind is hard.
- The thick skins or rinds on winter squash help them stay fresh for months.
- The heaviest winter squash known was grown in Charlotte, Michigan and weighed 104.55 lbs.
- Indigenous Peoples in the Americas refer to squash as one of the “Three Sisters” crops.
- Winter squash is a great source of vitamin C, fiber, potassium, and vitamin A.
- In Michigan, winter squash is harvested in October and November.



Maple Cinnamon Butternut Squash

Ingredients

- 1 large butternut squash, peeled, seeded & cut into 1 inch cubes
- 2 tbsp vegetable oil
- 1.5 tbsp maple syrup
- 3/4 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dried rosemary (optional)

Instructions

- Preheat the oven to 400 F.
- Mix squash gently with oil, maple syrup, cinnamon, salt, pepper, and rosemary (optional) in large bowl.
- Arrange squash on baking sheets, do not overlap.
- Roast for 25-35 minutes, or until squash is tender when pierced with a fork.
- Remove from the oven and serve.

Meet the Farmer **SERIES:**

Heidi's Farmstand



Heidi's Farmstand is a small family farm located in Lowell. Heidi and her brother started growing vegetables after college to make room on the family farm. They grow a wide variety of vegetables and small fruits. Their mainstays include tomatoes, sweetcorn, strawberries, and peppers. To keep things interesting, they grow several specialty vegetables rarely seen on the West Michigan market - watch their listing as the seasons change!

Heidi's Farmstand grows produce using conventional practices using minimal tillage so as to not disrupt soil. Much of our land has not been tilled in over twenty years and is exceptionally healthy and productive.

Heidi's Farmstand uses integrated pest management combining several methods of pest control to reduce pesticide use. All pesticides are used strictly in accordance to their label to minimize residues. They are the first consumers of their product.



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!

10 Cents a Meal Recipient

The 10 Cents a Meal for Michigan's Kids and Farmers provides grant funds to pay for Michigan-grown food, local food transportation fees, and food service labor expenses to strengthen the local food supply chain and enrich nutrition and educational experiences for children. As a recipient, your students will continue to receive local produce from farmers across the state including Gavin Orchards, FarmLink, Heidi's Farmstand, and Mycophiles. Check out our menu, and look for "local MI" descriptors when you want to add some local Michigan food to your plate!

Holiday Snacks

Make fun and festive treats this holiday season for the whole family to enjoy! Try using using strawberries and bananas to make fruit kabobs that look like candy canes; create veggie holiday trees with broccoli, cherry tomatoes, and carrots; or try making reindeer out of celery sticks filled with peanut butter and top with pretzels (for antlers) and chocolate chips (for eyes and nose).

