



November 2

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.



November News

ZPS Food Service Fall 2024 Parent Feedback Survey

Click [HERE](#) to share your feedback with us. Let us know what we are doing well, and what we can do to improve the quality of the meals being served to your students!



*IN ALL
Things
GIVE
Thanks*

ZPS Administrative Regulation Meal Charge Policy

Zeeland Public Schools is committed to ensuring all students have access to nutritious meals through the School Breakfast and National School Lunch Programs. Through the 2024-2025 school year, every Michigan student can get FREE breakfast and lunch at their school. No qualifications are necessary. The purpose of posting this regulation is to comply with federal reporting requirements for the USDA Child Nutrition Program and to provide oversight for collecting outstanding student account balances. To learn more, please visit this link—email questions to Food Service Director Sarah Stone at ssstone@zps.org.

Be sure to grab a delicious Thanksgiving meal from your cafeteria featuring Turkey Gravy w/ a Turkey-Shaped Pretzel, Mashed Potatoes and Steamed Green Beans. Click [here](#) to view this meal and more on your school menu!



MI HARVEST OF THE MONTH

SWEET POTATOES



- Sweet potatoes are a root vegetable that grow underground.
- Sweet potatoes are an excellent source of vitamin A, fiber, and potassium.
- Sweet potatoes grow along the shoreline of West Michigan in Berrien and Ottawa counties.
- There are many varieties of sweet potatoes such as Beauregard, Carolina Ruby, and Georgia Jet.
- Sweet potatoes with red, pink and orange skins are the sweetest.
- Similar to other potatoes, cooked sweet potato skins are edible and nutritious.

Smothered Sweet Potatoes

Ingredients:

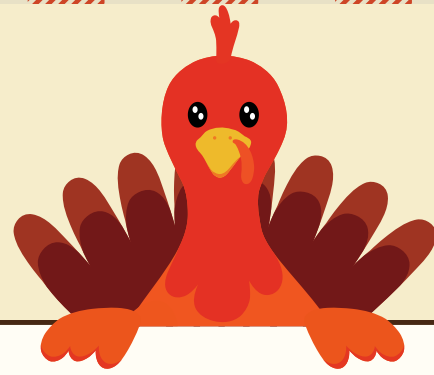
- 4 medium sweet potatoes
- One 15-oz can low sodium black beans
- 1/3 cup salsa
- 1/2 jalapeno pepper, diced
- 1/3 - 1/2 reduced fat shredded cheese

Instructions

1. Pierce each sweet potato several times with a fork. Place in microwave and cook on high until tender, about 10-15 minutes. Carefully remove hot sweet potatoes, set aside to rest.
2. Combine beans, salsa, and jalapeno in medium microwave-safe bowl. Microwave on high 2-3 minutes.
3. Slice sweet potatoes lengthwise, mash the flesh in the middle to create space for the bean topping.
4. Add bean topping and 1-2 tablespoons of cheese to each sweet potato and serve.

Meet the Farmer **SERIES:**

Crisp Country Acres Holland, MI



Crisp Country Acres is a local family farm providing quality produce to West Michigan. You can find their local produce at area farmers markets and restaurants. They also have a CSA program. Together, Crisp Country Acres farms 100 acres of produce. They have greenhouses and a large cold storage area that helps to extend the season, and provide fresh produce year-round.

Farming is not just a job to Crisp Country Acres, but a way of life and their passion. They enjoy planting the crops, watching them grow, harvesting, and bringing them to their customers for their families to enjoy. Their dream of farming is as true today as it was back when their family immigrated here in the 1800s. "Farming is a tradition that seems to be getting lost as time goes on, and it is our hope that we can preserve the love of farming and hard work for our children and their families. Crisp Country Acres could not do what they do without the support of their amazing crew, family, friends, and customers.





USDA Recognition Awards

Great news! We've received three Healthy Meals Incentives (HMI) Recognition Awards from Action for Healthy Kids and USDA for our innovative strategies that provide nutritious school meals. The awards we have received are: Innovation in the Preparation of School Meals, Innovation in Nutrition Education, and Lunch Trailblazer. We're very proud of our staff who have been working hard to earn this recognition! Learn more about the HMI Recognition Awards at <https://healthymealsincentives.org/recognition-awards/>.

Thanksgiving Swaps

This Thanksgiving, make your feast a little more nutrient-dense with simple swaps! Try out mashed cauliflower or sweet potatoes in place of traditional mashed potatoes for a lighter side, packed with nutrients. Swap out traditional chips and dip for veggie trays with hummus or Greek yogurt-based dips. You can consider using applesauce or mashed bananas in place of butter when baking pies or muffins. Remember to stay mindful of portion sizes to enjoy all your favorites while keeping things balanced! Check out MyPlate to make sure that half your plate is fruit and vegetables, a quarter of your plate is a lean protein, and the last quarter is filled with whole grains.

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!