

OCTOBER NEWSLETTER



ZPS Food Service



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?

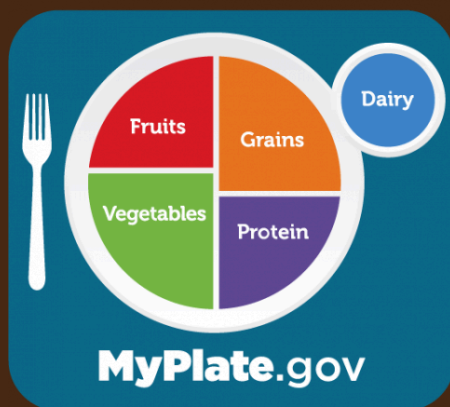
A breakfast consists of an entree, fruit/juice, vegetable, and/or milk. A student must take 3 components. An entree is usually made up of two components, (2 servings of grains or 1 serving grain, 1 serving protein). One additional item, a fruit/juice or vegetable is needed to make it free. A student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

Choose Variety Using MyPlate

Using the MyPlate method helps you to vary what food groups to eat throughout the day, while still having a balanced diet. The five groups are fruits, vegetables, protein, grain, and dairy. Click the image to learn more!



It's National Chili Month!

Celebrate with a warm cup of chili for lunch on Wednesday, October 23rd at ZPS!

October News



ECC Family Engagement Night

October 29 is our ECC Family Engagement Night, where we will be offering clementine pumpkins with a green pepper stem and banana ghosts with chocolate chip eyes. Join us for some spooky Halloween treats!

MI HARVEST OF THE MONTH

Pumpkins



Source: Illinios Extension

Pumpkin Vegetable Soup

Ingredients

- 2 tablespoons olive or vegetable oil
- 2 tomatoes, chopped
- 1 can (4 ounces) chopped green chiles
- 1 onion, chopped
- ½ teaspoon nutmeg
- 2 cups cubed cooked pumpkin
- 2 cups chicken broth

Directions

- Sauté tomatoes, green chiles, onion and nutmeg in oil for about 5 minutes in a large pan.
- Add pumpkin and chicken broth and bring to a boil, stirring until well blended.
- Reduce heat to a simmer and cook, covered, for 15 to 20 minutes

Pumpkin Fun Facts

- Pumpkins have lots of vitamin A and beta carotene which promotes healthy eyes, skin and protects against infection.
- Pumpkins do not have to be refrigerated to be preserved. Pumpkins can last up to two months if they are stored in a dark, cool and dry location.
- Roasted pumpkin seeds are a great source of fiber and mono-unsaturated fatty acids which are good for the heart.



Meet the Farmer **SERIES:**



Visser Farms

Visser Farms was started in 1902; we're now in our 5th and 6th generation of operation. Our farm started in Jenison, and we moved here to Zeeland in the 80s. We grow a large variety of vegetables here on a 200 acre farm. We also grow strawberries and blueberries, and have upick seasons for both! We are sustainable farmers, which means that we focus on crop rotation, planting cover crops, testing our soil & water regularly and spraying with caution. We are always checking on our produce to watch out for disease or bugs, and spray based on our findings. Testing our soil for nutrients, rotating our crops well and using our own bees to pollinate our crops all helps create less of a need for spraying chemicals on our fields. You can find our produce at the Holland, Fulton Street, Waukazoo, Grand Haven, Rockford, Ada and Metro Farmers Markets. In 2024, we opened up our own Country market as well! We're open Monday – Saturday at 7600 112th Ave in Holland. We even have a corn maze, upick pumpkins and upick sunflowers for this fall!



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.

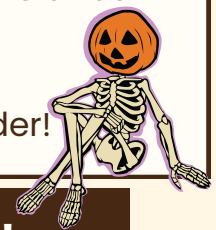
Check out the Teal Pumpkin Project!

Many types of Halloween candy contain common allergens in them, making it hard for kids with allergies to safely trick-or-treat! The Teal Pumpkin Project was developed with this in mind, and each participating house showcases a teal pumpkin at their doorstep. Non-food treats are passed out at these houses, giving kids another fun way to trick-or-treat! Find participating houses near you by clicking [HERE](#).

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!

