

SEPTEMBER Z

ZPS Food Service Letter

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 a 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 a 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.

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

September News

October 17th: Apple Crunch Day

The Michigan Apple Crunch is an annual event hosted to promote National Farm to School Month and celebrate Michigan apples.

Schools across the country register to crunch into a local Michigan apple on Crunch Day. Apples are available 11 months of the year, so they are a widely available, nutritious snack that allows local farmers to provide fresh produce. Show your support for Michigan farmers and Farm to School/Institution Programs by registering for this year's Michigan Apple Crunch!

Register [HERE!](#)



National School Lunch Week: October 14-18

Ahoy, Matey! National School Lunch Week (NSLW) is approaching! NSLW was created to gain awareness for the National School Lunch Program, which provides nutritionally balanced and low-cost meals to children. NSLW shows the importance of healthy school lunches and emphasizes the impact of eating healthy! This year's theme is School Lunch Pirates: Find Your Treasure. Keep an eye out for some fun, pirate-themed prizes!



Gavin Orchards is an agricultural operation in Coopersville, Michigan, specializing in fruit and vegetables. We are a family-run business that has been providing premium fresh produce to our local communities and interstate customers for over 40 years. Our specialties include peaches, apples, cherries, summer squash, and more!

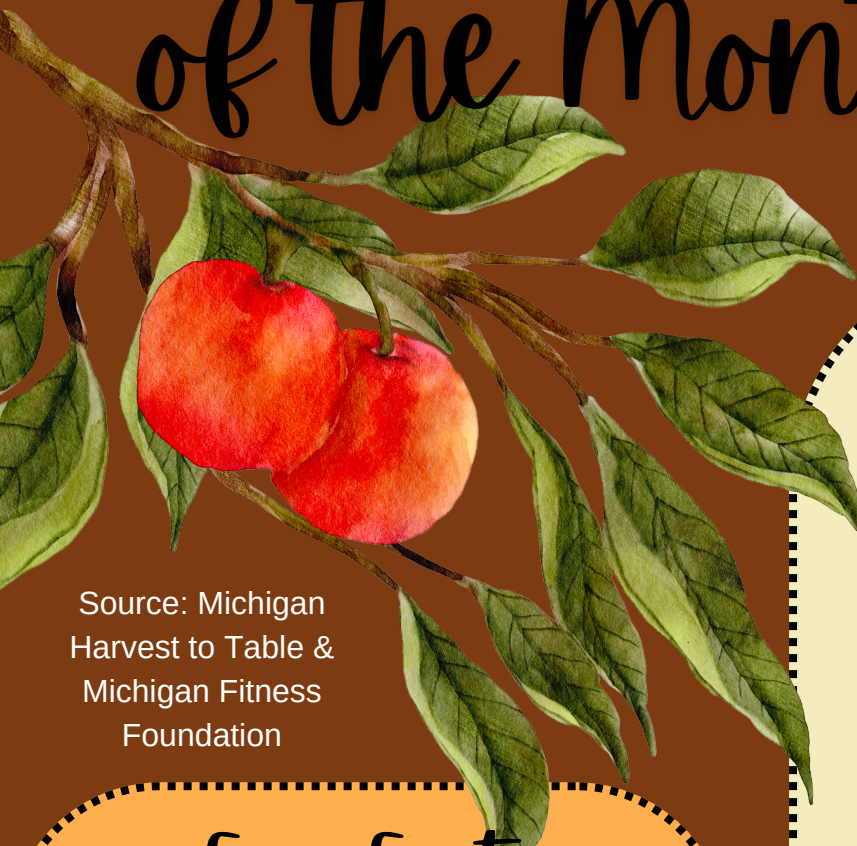
Sustainability is important to us. Gavin Orchards is a proud holder of the Good Agricultural Practices (GAP) audit, which means we follow strict guidelines to ensure we're practicing sustainable agriculture and producing food that is safe and nutritious--not to mention delicious! We are also members of the Farm Bureau Federation and Young Farmers Coalition.

Meet the Farmer Series: Gavin Orchards



MI Harvest of the Month

Apples



Source: Michigan
Harvest to Table &
Michigan Fitness
Foundation

Fun Facts

- Apples are a good source of fiber; fiber helps us stay full longer and benefits the digestive and cardiovascular systems.
- Apples can be red, green, yellow, or multi-colored.
- The apple blossom is Michigan's state flower.
- Michigan is the third largest apple producing state in the nation. Michigan farmers produce over 1 billion pounds of apples each year.
- Michigan apples are sold in over 30 states, nearly 20 countries, and in about 12,000 grocery stores across the United States.

Recipe

Microwave Cinnamon-Baked Apples

Ingredients

- 3 medium apples, sliced
- 2-3 tablespoons of water
- 1 teaspoon of cinnamon
- 1 teaspoon sugar

Instructions

- In a microwave safe bowl, add all ingredients and mix to combine.
- Microwave on high for 4 minutes.
- Serve immediately, or cover and chill in the refrigerator to serve cold later.

Change it Up

- Instead of cinnamon, use pumpkin pie or apple pie spice.
- Add 2 teaspoons of vanilla extract or fresh orange juice for extra flavor.
- Add 1/4 chopped raisins, dates, or dried cranberries halfway through the cooking time.

Food Allergies and Special Diets

If your child has a food allergy or follows a special diet, and you would like to request a food substitution for them, please submit a completed Special Diet form. All sections of the form must be filled out, and a signature is required from one of the following medical professionals: licensed physician, physician assistant, or advanced practice registered nurse. Please contact our dietitian, Jordyn Rademacher, MS, RDN with any questions or concerns.

Special Diet Statement Form

Jordyn Rademacher, MS, RDN
e: jrademacher@zps.org
p: 616-748-4709

Gluten-Free? Check out our New Menu!

Visit our website to view our new gluten-free breakfast and lunch menus. Please remember that you need to have a Special Diet Statement Form on file in order to receive these menu items. Please contact our dietitian if you have any questions (contact information above)!

Avoid the Line and Order Online!

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!

www.zps.org/about-us/food-service/