

# AUGUST FOOD SERVICE NEWSLETTER

## ZPS Nutrition Service Meal Charge AR

Zeeland Public Schools is committed to ensuring all students have access to nutritious meals through the School Breakfast and National School Lunch Programs. Through September 30, 2025, 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 Director of Nutritional Services Sarah Stone at [ssstone@zps.org](mailto:ssstone@zps.org).

## Open Positions

**On Call Food Service Sub Position Openings:** If you are looking for a part-time job that is during school hours, and you like to work around students, then this job is for YOU! This is a great opportunity to learn more about food service, and has the potential to lead to a permanent position when one opens. If you are interested, click **HERE** to apply.

## Allergen Forms

If your child has a food allergy or medical condition requiring a special diet, and you would like to request accommodations, please complete and submit the form linked below. The form must be completely filled out and signed by a licensed physician, physician assistant, registered dietitian, or advanced practice registered nurse. If you have questions, please contact the ZPS Registered Dietitian, Jordyn Parsons (p: 616-748-4709; e: [jparsons@zps.org](mailto:jparsons@zps.org)).

**Special Diet Statement Form to Request Special Meals**

**Dietary Preference Form**

**Parent's Guide to Special Diet Requests for School Meals**

## From the Director's Desk

Dear Parents and Guardians,

Welcome back to school!

As we prepare for the upcoming school year, we want to share an important update.

Michigan's School Meals program, which provides free meals for all students, is scheduled to end on September 30, 2025. We are currently awaiting approval of the state budget to see if this program will be extended for another year. If free meals for all ends, meal prices will be posted.

**Child Education and Nutrition Benefits Application.** A new Child Education and Nutrition Benefits Application needs to be filled out every year. Your children may qualify for Child Education and Nutrition Benefits including free or reduced priced meals, Zeeland Rec classes, Technology, Testing and college application discounts. Apply online @ <https://zeeland.familyportal.cloud/>.

Who may qualify for Child Education and Nutrition Benefits?

- All children in households receiving benefits from Food Assistance Program (FAP), Family Independence Program (FIP), or Food Distribution Program on Indian Reservations (FDPIR)
- Foster children that are under the legal responsibilities of a foster care agency or court
- Children who meet the definition of homeless, runaway, or migrant
- Children may receive free or reduced-price meals if your household's income is within the limits of the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced-price meals if you household income falls at or below the limits on this chart below.

**FEDERAL INCOME ELIGIBILITY CHART for School Year 2025-2026**

Household Size	Annually	Monthly	Weekly
1	28,953	2,413	557
2	39,128	3,261	753
3	49,303	4,109	949
4	59,478	4,957	1,144
5	69,653	5,805	1,340
6	79,828	6,653	1,536
7	90,003	7,501	1,731
8	100,178	8,349	1,927
Each additional person:	10,175	848	196

You can review other frequently asked questions here.

**Family Portal:** Ensure you can access the Family Portal to check account balances, make deposits, and complete the Child Nutrition and Education Benefits application.

<https://zeeland.familyportal.cloud/>

Thank you for your continued support and partnership. We're looking forward to a fantastic school year ahead!

Sarah Stone

Director of Nutritional Services

## Breakfast Times

### **East & West High School @ C-Store**

7:15 AM - 10:00 AM

### **Cityside Middle School @ Cafeteria**

7:15 - 7:35 AM

### **Creekside Middle School**

7:10 AM - 7:35 AM

### **Adams Elementary @ Cafeteria**

8:25 - 8:40 AM

### **Lincoln Elementary @ Cafeteria**

8:25 - 8:40 AM

### **New Groningen Elementary @ Cafeteria**

8:25 - 8:40 AM

### **Quincy Elementary @ Cafeteria**

8:25 - 8:40 AM

### **Roosevelt Elementary @ Cafeteria**

8:25 - 8:40 AM

### **Woodbridge Elementary @ Cafeteria**

8:25 - 8:40 AM

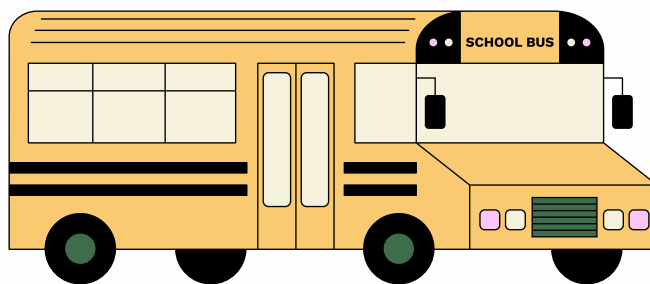
## Meal Components

### **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 the meal 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.



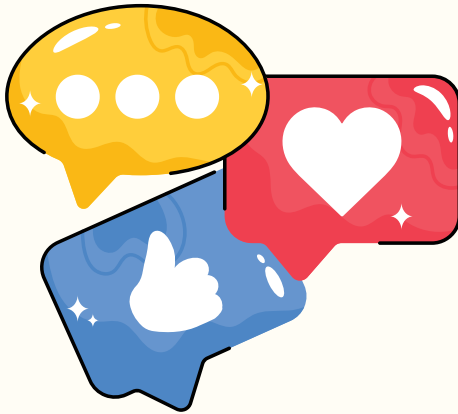
## Now Serving...

Click **HERE** to view current and future menus. You can also view individual meal item nutrition facts and ingredient lists using the link above.

## Student Corner

ZQuest students shared what they enjoy about our school meals:

- “My favorite food to eat is French toast. I really like the French toast. I would tell kids to eat school meals for the French toast!” - Javien G.
- “My favorite food to eat are corn dogs.” - Amos K.
- Other students shared they like to eat school meals because they are “healthier for me!”



## Follow us on Instagram!

Follow [zps\\_food\\_service](#) to view photos of the food we serve and the nutrition education we provide. We believe in providing wholesome meals with vibrant fruit and vegetable options, and enjoy when we are able to share photos of these items with you!

## Staff Corner

This month, we are highlighting staff at Adams & Lincoln Elementary.

“My favorite local Michigan fruit to eat is blueberries. I enjoy reading and playing with my 3 grandsons when I am not at work.” - Brenda H., Lincoln Elementary

“If there was one thing I would want someone to know about K-12 Food Service, it would be that the kids are so fun to interact with every day, and it’s a chance to bring joy into a child’s life, even with just a smile.” - Amy S., Adams Elementary

“My favorite school meals as a child were chili and a cinnamon roll or the gravy train.”  
- Claudia C., Lincoln Elementary

# National Recognition

## Turnip the Beet Award

The ZPS Food Service Department has been recognized by the USDA as a 2024 Gold Recipient of the Turnip the Beet Award. This award “recognizes outstanding summer meal program sponsors across the nation who work hard to offer high quality meals that are appetizing, appealing, and nutritious to children during the summer months.” During the Summer of 2024, children were provided summer meal service at The Bridge and Quincy Elementary.

## Action for Healthy Kids

The ZPS Food Service Department has been recognized by the USDA with the following Healthy Meal Incentive Awards:

- Innovation in the Preparation of School Meals
- Innovation in Nutrition Education
- Lunch Trailblazer
- Innovative School Lunch Makeover
- Breakfast Trailblazer

These awards highlight the department’s innovative strategies to provide nutritious school meals to the students within the district. We are very proud of our staff who have been working hard to earn this recognition. To learn more about these awards, click [\*\*HERE\*\*](#). To watch videos and read articles with highlights featuring the department’s director, Sarah Stone, and Registered Dietitian, Jordyn Parsons, click [\*\*HERE\*\*](#). We are excited to continue serving high-quality, nutritious meals to your students this school year.



**ACTION**  
**FOR HEALTHY KIDS**



# Michigan Harvest of the Month

## APPLES



### FUN FACTS

- Apples can be red, green, or yellow in color.
- The peel of the apple contains the most fiber.
- It takes about 36 apples to make one gallon of apple cider.
- The rarest apple in the world is the Black Diamond Apple, but it's not really black, it's purple.
- The Apple Blossom is the state flower of Michigan. The flower comes from the crabapple tree.
- The crabapple tree is native to Michigan.
- Apples are a great source of fiber and vitamin C.

### Easy Apple Salad

#### Ingredients

- 2 tablespoons orange juice
- 1 teaspoon vanilla extract
- 3 tablespoons light/low-fat mayonnaise
- ½ teaspoon cinnamon
- 2 ½ cups apple, diced small
- 1 cup celery, diced small
- ½ cup dried cranberries, chopped
- ⅓ cup nuts, chopped (optional)

#### Instructions

- In a bowl, mix orange juice, vanilla, mayonnaise, and cinnamon.
- Add apples, celery, cranberries, and nuts, and stir into the dressing mixture.
- Chill for one hour before serving.

#### Try This:

- Add chopped apples to green salads.
- Saute sliced apples with cinnamon and use to top pancakes, waffles, or oatmeal.
- Add thin sliced apples to sandwiches like turkey, chicken, tuna, or grilled cheese.
- Spread nut butter on an apple slice and sprinkle with granola.