

# January

# Z

## 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

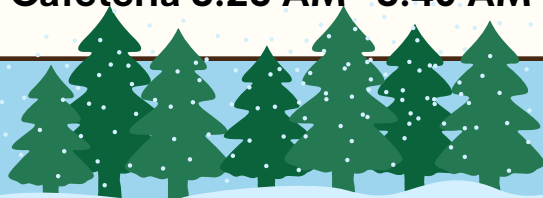
Through the 2024-2025 school year, every Michigan student can get FREE breakfast and lunch at their school. No qualifications necessary!

### 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 also contains a protein, which is usually included as part of the entree. A student may choose milk, but it is not required.



## Spring Menu Taste-Tests

Students have been busy trying new foods throughout the district. At West High School, students were able to sample a whole -grain cheeseburger calzone. This was a favorite among the students, with some students saying the sample “taste like a McDonald’s hamburger.” Students at the Early Childhood Center were able to sample 100% fruit juice gel cups (similar to Jell-O). Unlike regular Jell-O, the gel cups contain no gelatin and are made with 100 % fruit juice. This was an extremely successful tasting as well. Look for these two items on the upcoming menu rotation. Up next, we will be visiting the elementary and middle schools to sample whole grain breakfast options.



## January News



### Did you know...

According to the 2025 Dietary Guidelines Advisory Committee, individuals ages 1 year and older underconsume the following nutrients:

- Dietary protein
- Vitamin A
- Thiamin (Vitamin B1)
- Riboflavin (Vitamin B2)
- Niacin (Vitamin B3)
- Vitamin B6
- Folate
- Vitamin B12
- Vitamin C
- Vitamin E
- Copper
- Iron
- Magnesium
- Phosphorous
- Zinc
- Vitamin K
- Iodine

# MI HARVEST OF THE MONTH

## DRIED FRUITS



- Dried fruit is sweeter than fresh fruit.
- Packaged dried blueberries, cherries, cranberries, and strawberries are often coated with a little vegetable oil to keep them from sticking together.
- Dried plums are called prunes.
- Dried grapes are called sultanas, currants, and raisins.
- In ancient Rome, raisins were rewards for successful athletes in the Olympic Games.
- By weight, dried fruit has more fiber, vitamins, and minerals than fresh fruit.
- Apollo 11 astronauts Neil Armstrong & Buzz Aldrin ate freeze-dried peaches & freeze-dried bacon for their first meal on the Moon.

### Cinnamon-Spiced Oatmeal with Dried Fruit

- 1 cup old fashioned oats
- 1 tsp ground cinnamon
- Pinch of salt
- 1 cup water
- 3/4 cup lowfat milk or fortified soy beverage
- 1/4 cup dried fruits such as raisins or dried cranberries
- 1 tbsp applesauce, honey or maple syrup
- 2 tbsps almonds, pecans or walnuts, finely chopped (optional)

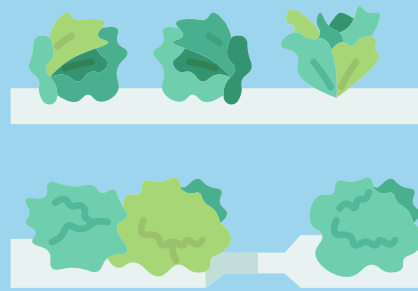
#### Instructions:

1. Mix oats, cinnamon, salt, water, milk, and dried fruit in a deep microwave-safe bowl.
2. Set microwave to 70-80% power and cook oatmeal for about 3 minutes, pausing the microwave to stir the oatmeal as it cooks to break up bubbles.
3. Remove carefully. Top with applesauce, honey or maple syrup, and chopped nuts, if using. Serve.



# Meet the Farmer **SERIES:**

## Third Day Produce



Third Day Produce was founded in September of 2013, out of a desire to provide West Michigan with a year-round supply of fresh salad greens. Third Day Produce strives to provide high-quality salad greens grown with the least amount of impact on the environment possible. The greens are grown hydroponically, which allows them Third Day Produce to grow substantially more lettuce per square foot than outdoor production, all while using less water. Third Day Produce provides schools, restaurants, and individuals in the Holland/Zeeland area with a mix of salad greens year-round through direct market and the CSA program.

"Our family has been operating Sandy Ridge Farms, located north of Zeeland, for generations, and is proud to provide not only salad greens, but a broad range of plants grown for customers across the country and around the world. We have been blessed to have employed many ZPS students over the years, and to now get to participate in the school lunch program is amazing."



## ZPS Wellness Policy

As required by law, the Board of Education establishes a Wellness Policy for the Zeeland Public School District. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. To review the Wellness Policy, click [here](#), or visit the Wellness Policy tab located under the Food Service Department webpage. Anyone wishing to discuss the ZPS Wellness Policy may contact either Sarah Stone, ZPS Food Service Director, or the Food Service Department Office.



Sarah Stone  
E: [ssstone@zps.org](mailto:sstone@zps.org)  
P: (616) 748-3126

Food Service Department Office  
E: [foodservice@zps.org](mailto:foodservice@zps.org)  
P: (616) 748-3128

## 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!

## New Year, New Goals

SMART goal setting is a great way to start the new year. SMART is an acronym for specific, measurable, achievable, relevant, and time-bound. Defining these parameters within your goal increases the likelihood that you achieve your goal. For example, someone may have a goal to exercise more this year. Instead of saying, "I am going to exercise more this year," say, "I will go to the gym three days a week to walk on the treadmill for 30 minutes." This is specific, measurable, achievable, relevant, and time-bound. You can find more examples of how to write a SMART goal online - simply Google "SMART goal-setting" to learn more!