



# MAY



## 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.



## SFSP Summer Meal Sites

The ZPS Food Service Department will be operating summer food service programs (SFSP) and summer meal sites at The Bridge in downtown Zeeland, Helder Park, and Roosevelt Elementary School. **PLEASE NOTE: There will be no meals served the week of June 30<sup>th</sup>.**

### The Bridge

**Address:** 210 E Main Ave Zeeland MI 49464

**Dates:** Monday - Thursday; June 9<sup>th</sup> - August 7<sup>th</sup>

**Time:** 12:00 - 1:00 PM

The Bridge Youth Center will be providing **FREE** lunch to children 18 and under (or up to age 26 if enrolled in a special education program), Monday thru Thursday starting Monday, June 9<sup>th</sup>. Lunch must be eaten on site.

### Helder Park

**Address:** 3751 104<sup>th</sup> Ave Zeeland, MI 49464

**Dates:** Mondays; June 9<sup>th</sup> - August 4<sup>th</sup>

**Time:** 10:30 AM - 12:00 PM

**FREE** meal boxes containing 7 breakfasts and 7 lunches will be provided to children 18 and under (or up to age 26 if enrolled in a special education program) every Monday. Meals do not have to be eaten on site. Please complete the form linked **HERE** to pre-register for a 7-day meal box pickup for your student(s).

### Pick Up Dates

June	July	August
Monday, June 9th Monday, June 16th Monday June 23rd	Monday, July 7th Monday July 14th Monday, July 21st Monday, July 28th	Monday, August 4th

### Roosevelt Elementary

**Address:** 175 W Roosevelt Ave Zeeland, MI 49464

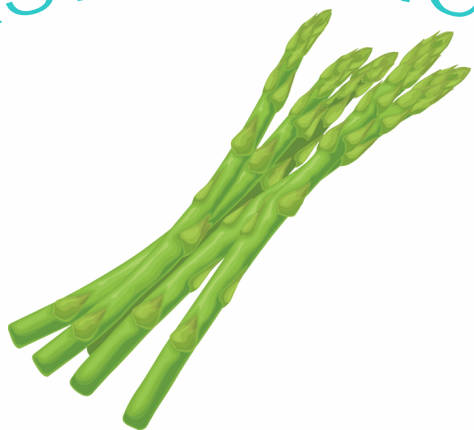
**Dates:** Tuesdays; June 9<sup>th</sup> - August 8<sup>th</sup>

**Time:** 12:30 - 1:30 PM

Roosevelt Elementary will be providing **FREE** lunch to children 18 and under (or up to age 26 if enrolled in a special education program), every Tuesday, starting on June 10<sup>th</sup>. Lunch must be eaten on site.

# Michigan Harvest of the Month

## ASPARAGUS



### FUN FACTS

- Asparagus is a great source of vitamin K, which is vital for blood clotting and healthy bones.
- Asparagus can be green, white or purple.
- Asparagus grows fast, and can grow up to 12 inches a day.
- Michigan's National Asparagus Festival is the longest running asparagus festival in the country.
- Michigan ranks first in the nation for asparagus production. Over 20 million pounds are produced in Michigan each year.

### Parmesan Asparagus Fries

#### Ingredients

- 1 lb asparagus, trimmed
- 1 cup breadcrumbs
- ½ cup grated Parmesan cheese
- ¼ tsp black pepper
- ¼ cup all-purpose flour
- 2 large eggs
- Cooking spray

#### Instructions

- Preheat oven to 425F. Lightly oil a baking sheet or coat with nonstick spray.
- Wash asparagus and pat dry. In a large zip top bag, add asparagus and flour, shake to coat.
- In a large bowl, combine breadcrumbs, Parmesan cheese, and pepper. Set aside.
- In a medium bowl, whisk eggs with a fork until fluffy and add to asparagus in large zip top bag, shake to coat.
- Remove 3-4 asparagus spears at a time from the bag, place in breadcrumb mixture, roll and press to coat each spear. Place spears in a single layer on baking sheet. Repeat until all spears are coated.
- Bake for 10-12 minutes. After 5 minutes, turn over spears and continue baking 5-7 minutes or until golden brown.
- Remove from oven and serve.

# Meet the Farmer **SERIES:**

## Cosgrove Orchard

Lakeshore grown and family owned, Cosgrove Orchard is a true small-scale family farm located near Glenn, MI. Cosgrove Orchard takes great pride their produce and stands by everything they raise and sell. Cosgrove Orchard practices IPM on their produce, and follows all state and federal rules and and guidelines. Cosgrove Orchard would never sell anything to you and yours that they don't eat themselves on a daily basis. Cosgrove Orchard is staunch protectors of the environment, as they have restored over 20 acres to marshes and wetlands, and an additional 20 acres to native grasslands. Cosgrove's specialty is pears, both European and Asian, with over 30 varieties grown.



## Parent Survey

In order to continue to improve our menus and provide your students with the best meals possible, we would greatly appreciate you taking the time to complete our "Spring 2025 Parent Feedback Survey." Please click the link below, and contact our Registered Dietitian, Jordyn Parsons, with any questions you may have.

### **Spring 2025 Parent Feedback Survey**

Jordyn Parsons, MS, RDN  
E: [jparsons@zps.org](mailto:jparsons@zps.org)  
P: (616) 748-4709

## Double Up Food Bucks

Did you know you can use your EBT card at participating Farmer's Markets to purchase SNAP eligible items? Get an equal amount in **FREE** Double Up Food Bucks (up to \$20/day) for Michigan grown fruits and vegetables. **NO REGISTRATION REQUIRED!** Click [here](#) to learn more.

## 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 Sarah Stone, ZPS Food Service Director.

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

## Sun Bucks

Michigan Summer EBT is a program to help families buy food for their school-aged children during the summer. Families will get \$120 for each eligible child to buy groceries during the summer. Children who get Michigan Summer EBT can still participate in other summer meal programs. Some families will get Summer EBT benefits automatically, but some families will need to apply. Families must meet the income and program requirements to be eligible. Applying for or receiving Summer EBT does not affect the immigration status of your children or family. Click [HERE](#) to learn more.