



FEBRUARY

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.

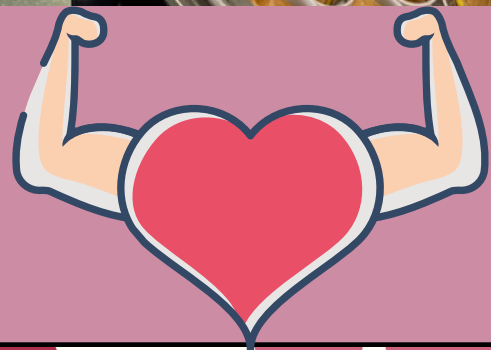
February News

Taste Testings

The month of February has been filled with opportunities to try new foods across the district. Students at every elementary school were able to try a breakfast scrambler filled with egg & cheese (some even had sausage bites!). At our middle schools, students were able to sample whole grain garlic toast medallions and whole grain blueberry donuts. At East High School, students were able to sample whole grain pepper jack stuffed pretzel bites. As you can see from the thumbs up in the picture to the right, students enjoyed sampling whole grain options, and are excited to see these items on upcoming menu rotations.

National School Breakfast and Lunch Standards

The National School Breakfast and Lunch programs are designed to correlate with the Dietary Guidelines for Americans. This requires schools to serve whole grains, lean proteins, fruits, vegetables, and low-fat milk daily to their students. With the most recent update to the meal standards, students will start seeing meals that are even lower in sodium, saturated and trans fat, and added sugars.



Michigan Harvest of the Month

CHERRIES



FUN FACTS

- Michigan produces both tart and sweet cherries. Tart cherries are perfect for baked goods and other recipes, while sweet cherries are great for eating fresh.
- Michigan grows 70% of the United States' supply of tart cherries, ranking first in production.
- Michigan is the leading producer in the world for Montmorency tart cherries, known as "America's superfruit."
- Michigan produced 179.56 million pounds of tart cherries in 2024.
- Traverse City, MI is home to the annual National Cherry Festival, and is the Cherry Capital of the World.

Michigan Cherry Syrup

Ingredients

- 1 lb tart cherries, fresh or frozen, pitted and halved
- 1 cup sugar
- 0.5 cup water
- 2 tbsp lemon juice
- 0.25 cup water
- 2 tsp cornstarch

Instructions

- Combine 1 cup sugar, 0.25 cup water, and 2 tbsp lemon juice to a pot over medium heat.
- Add cherries, and allow it to remain on medium until lightly boiling.
- In a small cup, make a slurry by combining 0.25 cup water with 2 tsp cornstarch.
- Add the slurry to the syrup and cook for 10 additional minutes, stirring frequently.
- Once desired consistency is reached, remove from heat, and allow to cool.
- Store in fridge in an airtight container.
- Can be used as a topping for pancakes, ice cream, etc.

Meet the Farmer

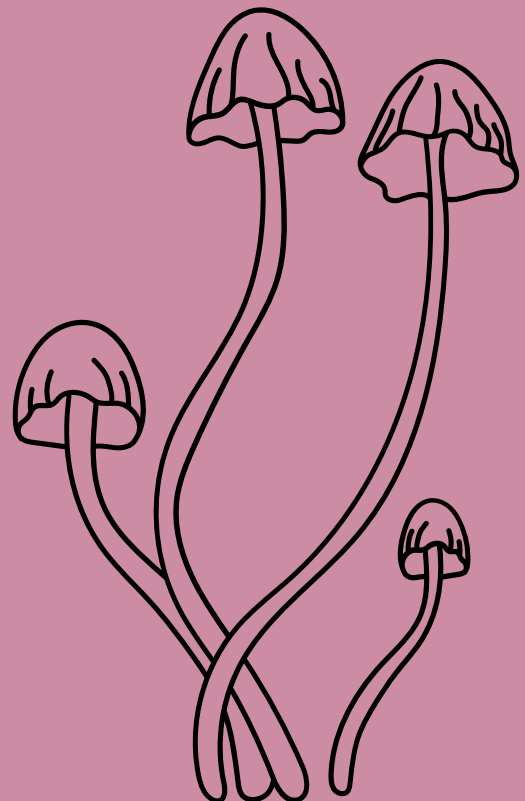
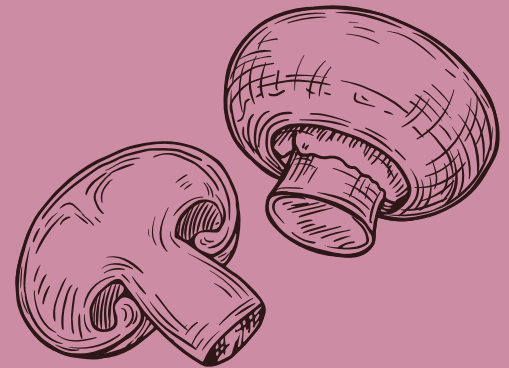
SERIES!

Mycophile's Garden

Mycophile's Garden operates out of an old, 5,000 square foot warehouse in downtown Grand Rapids. Their business was started in January of 2015, with a desire to provide locally produced, high quality gourmet mushrooms to West Michigan.

Mycophile's Garden grows their mushrooms on a pasteurized wheat straw and coffee ground substrate. They do NOT use any pesticides or fertilizers.

Mushrooms are an excellent source of vegan protein, fiber, and other essential vitamins and minerals.





Zeeland Public Schools Receives Healthy Meals Incentives Recognition Award

We proudly announce that Zeeland Public Schools has received multiple Healthy Meals Incentives Recognition Award for making improvements to the nutritional quality of our district's school meals.

Awarded by the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) in collaboration with Action for Healthy Kids (AFHK), Zeeland Public Schools has received the Lunch Trailblazer Award, the Breakfast Trailblazer Award, the Innovative School Lunch Makeover Award, the Innovation in the Preparation of School Meals Award, and the Innovation in Nutrition Education Award.

- Lunch Trailblazer Award winners improved the nutritional quality of school lunches by meeting weekly sodium guidelines and implementing student engagement and/or nutrition education.
- Breakfast Trailblazer Award winners improved the nutritional quality of their school breakfast menus by meeting specific criteria including limiting added sugars and implementing student engagement and/or nutrition education.
- Innovative School Lunch Makeover Award winners have given a makeover to a popular school lunch meal that meets all meal pattern requirements, specific dietary specifications, and incorporated student engagement.
- Innovation in the Preparation of School Meals Award winners incorporated new menu items that are prepared from scratch using a local agricultural product or USDA food in accordance with the USDA recipe standardization process and incorporated student engagement.
- Innovation in Nutrition Education Award winners implemented nutrition education activities that made classroom, cafeteria, community, and home connections for students and parents/guardians.

As an award recipient, we are also receiving national and local recognition and travel stipends to attend a national Healthy Meals Summit.

“We congratulate Zeeland Public Schools on this important achievement,” said Rob Bisceglie, Executive Officer & President for Action for Healthy Kids. “The HMI Recognition Awards are an opportunity to showcase innovative school nutrition practices that provide children with access to nutritious school meals,” he added.

AFHK is recognizing school districts to spotlight innovative practices, student and community engagement activities, and strategies schools have used to provide meals that are consistent with the 2020-2025 Dietary Guidelines for Americans – all as part of a cooperative agreement to develop and implement the USDA FNS's Healthy Meals Incentives Initiative. Learn more about the Healthy Meals Incentives at www.healthymealsincentives.org.

Healthy school meals are an essential part of the school environment and a proven tool for improving a child's health, growth, development, and educational outcomes. AFHK and USDA are committed to working together to strengthen school meals and investment in a bright future for our children.

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!

We Want to Hear from YOU!

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 “Winter 2025 Parent Feedback Survey.” Please click the link below, and contact our Registered Dietitian, Jordyn Parsons, with any questions you may have.

[Winter 2025 Parent Feedback Survey](#)

Jordyn Parsons, MS, RDN
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Cafeteria Chronicles

While at the 2024 Healthy Meals Summit in Las Vegas, Nevada, ZPS Food Service Director Sarah Stone and ZPS Registered Dietitian Jordyn Parsons had the opportunity to share how ZPS’ Food Service Department is a “Lunch Trailblazer.” To receive the Lunch Trailblazer Recognition Award, the ZPS Food Service Department implemented at least two strategies to reduce sodium on our lunch menus in the past 12 months. Click [here](#) to view the video, and learn more about how schools across the country are reducing sodium on their lunch menus.