



# MARCH

## 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.

# March News



## Summer EBT is now SUN Bucks

- Eligible families of school-age children will receive money, per child, to purchase groceries over the summer
- Families will be automatically enrolled in SUN Bucks if they are already enrolled in SNAP, TNF, or FDPIR benefits, or meet the requirements for free or reduced-price meals.
- Qualifying groceries include fruits and vegetables, meat, poultry, fish, dairy products, breads, cereals, and nonalcoholic drinks.
- SUN Bucks can be spent in-store and online.
- Funds will expire 122 days after issuance - so families are encouraged to use them sooner rather than later
- Families will receive SUN Bucks on top of other nutrition benefits like SNAP and WIC.

Families must apply by April 15, 2025, to be eligible for the first issuance of benefits in May. Applications may be accepted on a rolling basis until August 31, 2025. Click [here](#) to watch an informational webinar on SUN Bucks.

## ZPS Celebrates National School Breakfast Week

Students across the district celebrated National School Breakfast Week during the week of March 3rd - March 7th. The theme for this week was Clue In to School Breakfast. Students were able to try Colonel Mustard's Confetti Pancakes, The Crime Scene Investigator's Cinnamon Toast Crunch French Toast, Sherlock's Sausage & Cheese Breakfast Sandwich, The Sleuth's Sausage Breakfast Pizza, and The Detective's Donut. Middle school and high school students who participated in National School Breakfast Week on March 5th were able to receive a "Milk Means More" lanyard from the Michigan Dairy Association. Thank you to our staff who hung up decorations, prepared delicious breakfast entrees, and helped our students celebrate National School Breakfast week!

# Michigan Harvest of the Month

## CELERY



### FUN FACTS

- Michigan celery production began in Kalamazoo and now stretches through southwest counties of the state.
- Michigan ranked second in the country for celery production in 2017.
- Celery is a good source of vitamin C, potassium, and dietary fiber.
- In 2018, Michigan harvested 110 million pounds of celery, generating 19.5 million.
- Celery is low in calories and cholesterol.

### Celery Caesar Salad

#### Ingredients:

- 12 pounds Michigan celery
- 6 pounds celery root
- 6 pounds turnips
- 72 ounces white Caesar dressing
- 27 ounces baked Parmesan croutons
- Salt and white pepper to taste

#### Instructions:

- Peel the vegetables.
- Thinly slice each vegetable on a mandolin or vegetable peeler.
- Julienne into two inch long, 1/8" wide very thin strips.
- Place each vegetable in a separate storage container.
- Cover and refrigerate until needed.
- *To Prepare a la Carte Portion:*
  - Place 4 ounces of celery, 2 ounces each of celery root and turnips in a stainless steel mixing bowl. Drizzle 1-1/2 ounces of dressing over the vegetables. Mix together using a rubber spatula. Season to taste with salt and white pepper.
- Add 3/4 ounces of Parmesan crouton pieces. Mix 2/3 times with a rubber spatula. Place in the center of a chilled serving plate. Serve immediately to prevent cheese from becoming soft. The cheese may also be placed on the top of the salad.



# Meet the Farmer **SERIES!**

## FarmLink

FarmLink is a business that sells local food from West Michigan. As one of the first online farmers' markets, FarmLink allows farmers to list their own products, set the prices on the site and control inventory on a weekly sales cycle.

Customers, including Zeeland Public Schools, order products from 40-75 local farms depending on the season. FarmLink sells school-sized apples, in addition to other kinds of fruits and vegetables to area schools. In addition, FarmLink supplies households, restaurants, and other institutional buyers in the greater Grand Rapids and around the Lakeshore, including Kent, Ottawa and Allegan counties. With a business model more like a co-op than a traditional commercial business, FarmLink has transparent pricing. Both sides are invested, with farmers paying 8% of sales, and restaurants/pantries/schools pay 5%, and households 10% on their purchases.



**FARM LINK**  
Because You **ARE** What You Eat!



## 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!

## 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:ssstone@zps.org)  
P: (616) 748-3126

### **Food Service Department Office**

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

## Love & Lean Walk

Join the ZPS Food Service & Transportation Departments at the 9th Annual Love & Lean Walk/Run for Mental Health on Saturday, April 26th. This annual event was inspired by the loss of Zach Kroll, a sophomore at Zeeland East, who silently suffered from depression and died by suicide in 2015 at the age of 15. There are three options: run a 5K, walk a 5K, or walk/run a shorter 1.5 mile route. Click [here](#) to register. All proceeds from the event will be donated to the **Mental Health Foundation of West Michigan**. If you have questions, please email [zakimpact15@gmail.com](mailto:zakimpact15@gmail.com).