



The Healthy Family



A Newsletter from the Food and Nutrition Services Department

Willmar Public and Community Christian Schools

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SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!
OCTOBER 14-18, 2024

National School Lunch Week

is October 14-18, 2024; mark your calendar! This year's theme, "Find Your Treasure!" puts the spotlight on the importance of a healthy school lunch in a child's life.

We encourage parents to review the October Lunch menu with their children. This will start a conversation between students and parents about the different food items on the menu and the choices they are able to choose from each school day.

Did you know: In 1962, President John F. Kennedy created the National School Lunch Week to promote the importance of a healthy school lunch.

Studies show that school lunches include more fruits, vegetables, and dairy than those who bring lunches from home. Lunches from home are likely to have snacks high in sugar and/or fat.

Take a few minutes with your child to look over the school lunch this month. Have them pick out their favorite meal each week and give it a try. With positive attitude and encouragement from parents, students will experience just how great School lunch is!



*Para traducción,
llame
320-231-7860*

October Highlights:

- National Apple Month
- National Chili Month
- National Pasta Month
- National Pizza Month
- National Tomato Month
- Apple Crunch Day 10/10
- National School Lunch Week 10/14-10/18

No School Dates: **Willmar:**

October 4th
October 17th-18th

CCS:

October 4th
October 16th-18th



 Check out the
Breakfast and
Lunch Menus
on your District's Website.

National School Lunch Week Menu Featured Entrées at the PK-5th Elementary Schools



Monday: Chicken Alfredo with Whole Grain Pasta and Garlic Toast

Tuesday: Nacho Waffle Fries with Beef Taco Meat, Cheese, and Brown Rice

Wednesday: Whole Grain Waffles Sticks with Chicken Bites

Thursday and Friday: No School



District Wellness Committee

Your district has a wellness committee that meets 2-4x/year or as needed. This committee focuses on student wellness promotion throughout the district which is a requirement of Minnesota Department of Education.

If you'd like to be a part of this committee, please contact your district for further information, meeting dates, and times.

Meal Prices

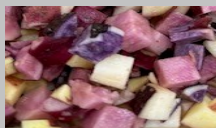
Willmar

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.40	\$5.00
Milk	\$0.65	\$0.65

Community Christian

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.50	\$5.10
Milk	N/A	\$0.65

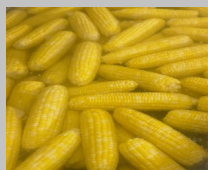
Check out some of our Farm to School Food Items!



Colorful Potatoes



Red Peppers



Corn on the Cob

What's on the Menu? Buffalo Chicken Chili Soup



Number of Portions: 4

Ingredients:

- 1 Tbsp. Olive Oil
- 1 Onion (medium size) –Diced
- 2 Jalapeno Peppers –Diced
- 2 Boneless, Skinless Chicken Breast
- 1– 14.5 oz Fire-Roasted Diced Tomatoes
- 1 Cup Low Sodium Chicken Stock
- 1/4 Cup Franks Red Hot Sauce
- 1 Tbsp. Ground Chili Powder
- 2 tsp. Ground Cumin
- 1-31 oz Cannellini Beans-Drained and Rinsed
- Ground Black Pepper to Taste

Instructions:

1. Heat the oil in a large soup pot over medium heat. Add the diced onions and jalapeno. Saute until softened, about 5 minutes.
2. Add the chicken breasts, fire-roasted tomatoes, chicken stock, hot sauce, chili powder, and cumin. Bring to a boil, reduce to a simmer, cover and cook until the chicken is thoroughly done (approx. 25 minutes).
3. Remove the chicken from the pot and shred it into bite size pieces with two forks. Return the chicken to the pot add the beans. Cook until the soup reaches 165° or higher and Enjoy!

Optional Toppings: Celery Sticks, Tortilla Chips, Sour Cream, or Blue Cheese Crumble

Did You Know?

Free and Reduced Lunch Applications need to be filled out every year. If you haven't filled an application out for the 2024-2025 school year, please do so as soon as possible and return it to the Food and Nutrition Services Office at the district building. **A new application must be turned in by October 14th, 2024 as your 23-24 SY benefits will expire at that time.**

Help Wanted!

Part Time & Substitute employment opportunities are available through the Food and Nutrition Services Department. Apply at your district or online on your district's website. Scan the QR code or give us a call at 320-231-8650.



Farm to School Efforts

Your school district is always looking for ways to increase our efforts to support local growers/farmers by purchasing their product to serve to kids on our menus.

October 10th is the Great Lakes Great Apple Crunch. We invite students, their families, and our community to crunch into fresh seasonal food, grown on local farms!

