



The Healthy Family Newsletter



A Newsletter from the Food and Nutrition Service Department
Willmar Public Schools and Community Christian School

Volume 21, Issue 5

January 2026

Winter Immune Boosters



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January Highlights

- New Year's Day (January 1)
- National Spaghetti Day (January 4)
- Martin Luther King Jr. Day (January 19)
- National Puzzle day (January 29)

No School Dates:

Willmar:

January 1st - 2nd

January 19th

Community Christian School:

January 1st - 2nd

January 19th



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

Happy New Year, Students!

As we start the new year, it's a great time to focus on staying healthy—especially during cold and flu season. Here are three key nutrients that can help your immune system stay strong, along with some tasty foods to find them in!

Vitamin C – Helps You Heal and Stay Healthy

Vitamin C helps your body fight off sickness by keeping your skin strong and supporting your white blood cells (the cells that fight germs).

Foods with Vitamin C:

Broccoli, bell peppers, oranges, grapefruit, strawberries, blueberries, raspberries, mango, pineapple and tomatoes.

Vitamin D – The Sunshine Vitamin

Vitamin D helps your body's immune system respond quickly when germs show up. It plays a big role in helping your body fight infections.

Foods with Vitamin D:

Fortified orange juice, fortified cereal, salmon, tuna, eggs, and 2% milk.

Zinc – Your Body's Shield

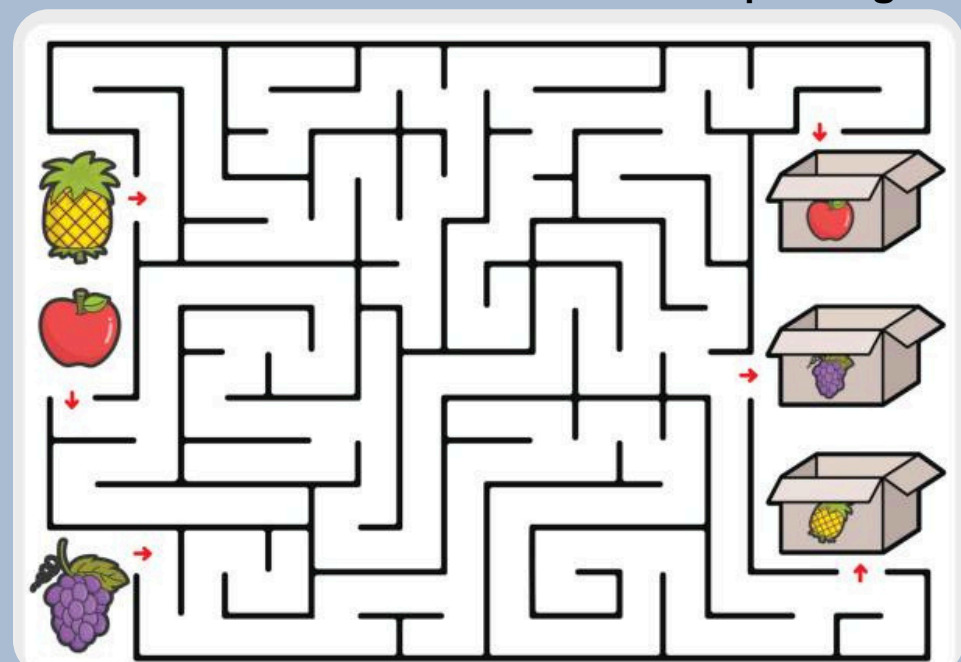
Zinc helps your body heal faster and supports your skin, which acts like a barrier to keep germs out. It also helps special immune cells work better.

Foods with Zinc:

Beef, pork, lamb, cashews, sesame seeds, chickpeas, and kidney beans.

Tip: Try to include a mix of these foods in your meals and snacks to give your immune system the support it needs this winter!

Fruit Maze: Match the Fruit to it's Corresponding Box



JANUARY PRODUCE What's In Season?



2025-2026 MEAL PRICES:

Willmar

	Breakfast	Lunch
PK-12	Free	Free
Adult	\$2.50	\$5.05
Milk	\$0.65	\$0.65

Community Christian School

	Breakfast	Lunch
PK-12	Free	Free
Adult	N/A	\$5.15
Milk	\$0.65	\$0.65

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This Month's Recipe: Low Sodium Chicken Noodle Soup (14 servings)

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 small yellow onion, diced
- 3 celery stalks, thinly sliced
- 2 carrots, thinly sliced
- 6 cloves garlic, minced
- 10 to 12 cups low sodium chicken broth
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 pounds skinless, bone-in chicken breasts
- ½ teaspoon freshly ground black pepper
- 10 ounces wide egg noodles
- Chopped fresh parsley, for garnish
- Lemon wedges, for serving



Directions:

- Heat olive oil and butter in a soup kettle over medium heat. Add onions, celery, and carrots; cook for 5 minutes, stirring occasionally. Add garlic and cook for 20 seconds.
- Pour in chicken broth, scraping up any browned bits. Add thyme and bay leaf. Bring to a simmer over high heat.
- Add chicken and pepper. Cover and simmer over medium heat for 25–30 minutes, until chicken is cooked.
- Remove chicken and shred it. If using regular egg noodles, add them now and cook for 6–7 minutes. If using quick-cook egg noodles, add them with the shredded chicken and cook for 4–5 minutes.
- Stir in shredded chicken, cover, and simmer for 2 minutes. Remove from heat, discard thyme and bay leaf. Adjust seasoning.
- Serve with parsley and lemon wedges.

Easy Tips to Stay Hydrated This Winter!

Staying hydrated helps you feel your best—at school, at play, and everywhere in between! Here are some fun and simple ways to drink more water:



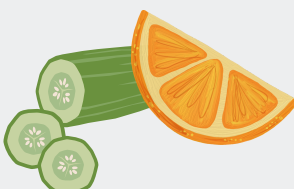
Cook up a batch of
broth-based soup



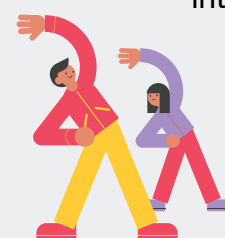
Have a water bottle
close by



Reach your daily calcium
intake



Incorporate fluid rich
fruits & vegetables



Stay hydrated during
physical activity