



Volume 21 Issue 7

The Healthy Family Newsletter

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

March 2026

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February Highlights

- Dr. Seuss Day - March 2nd
- National School Breakfast Week
March 2nd-6th
- National Nutrition Month
- Saint Patrick's Day March 17th

No School Dates:

Willmar

- March 20th - 27th

Community Christian School

- March 23rd - 27th



Check out the Breakfast
and Lunch menus on
your District Website



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National School Breakfast Week: Embark on the Quest for School Breakfast



Every school day is an adventure—and it all begins with breakfast! During National School Breakfast Week, March 2–6, 2026, this year's theme, “Embark on the Quest for School Breakfast,” highlights the important role a nutritious morning meal plays in student success.

Research continues to show that children who eat breakfast at school start the day ready to learn. Students who participate in the School Breakfast Program often demonstrate higher test scores, improved focus, and better classroom behavior. Breakfast truly fuels both minds and bodies, helping students begin their school day prepared and energized. Despite these benefits, participation in school breakfast remains lower than lunch participation. According to the Food Research and Action Council, only about half of the students who eat school lunch also participate in school breakfast. National School Breakfast Week is a great opportunity to raise awareness and encourage more students to take advantage of this valuable program. Best of all, school breakfast is FREE for all students.

School breakfast meals are nutritious, balanced, and meet federal nutrition guidelines. Each breakfast consists of whole grains, meat or meat alternates, a variety of fresh, frozen, or canned fruits, 100% fruit juice, and a variety of skim or low-fat milk.

Students must select at least three food items to make a complete breakfast meal. A reimbursable breakfast includes:



- One entrée
- ½ cup of fruit and/or 4 ounce juice
- 8 ounces of fluid milk



Throughout the week, our schools will celebrate the School Breakfast Program and invite students to join the quest by starting their day with a healthy, delicious breakfast at school. Families are encouraged to help students build strong morning routines and remind them that every great adventure begins with breakfast.

Let's work together to ensure all students embark on their quest with a nutritious school breakfast, fueling their bodies and minds so they are ready to learn, grow, and succeed—one breakfast at a time.

Breakfast Menu:

All breakfast meals are served with a fruit cup, 100% fruit juice, and a choice of milk

Our New Options:

Monday (High School and Middle School): Berries and Cream Nordic Waffle

Thursday (Community Christian School): Whole Grain Chocolate Chip Muffin

Friday (Elementaries): Whole Grain Chocolate Chip Muffin



2025-2026 Meal Prices:

Willmar

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

Community Christian School

	Breakfast	Lunch
PK-12th	Free	Free
Adult	\$2.60	\$5.15
Milk	\$0.65	\$0.65



Stop the Spread of Germs

- Lead by example—kids learn by watching you
- Give gentle reminders about when to wash hands
- Wash with soap and water for 20 seconds
- Wash hands before, during, and after preparing meals

Smashed Dumpling Tacos

Portion size: 2 Tortillas

Yield 5 Servings

Ingredients:

- 1 lb. ground chicken
- 2 tsp of minced garlic
- ¼ tsp of dried ginger
- 5 green onions, thinly sliced, divide in half
- ¼ cup chopped cilantro, divide in half
- 3 cups tri-color coleslaw mix, divide
- ⅓ cup low sodium soy sauce
- 1 tbsp canola oil
- 1.5 tsp of white vinegar
- ¼ tsp black pepper
- 10-4 inch tortilla shells
- 2 tbsp canola oil
- 2.5 tsp white sugar
- 1.5 tsp water
- 2 tsp sriracha sauce or other hot sauce



Optional Protein Swaps:

ground turkey, ground beef,
ground pork, or refried beans

Directions:

1. Add ground chicken, ginger, garlic, 1/2 of the green onions, 2 tablespoons cilantro, 1 cup slaw mix, 1-1/2 tablespoons soy sauce, canola oil, and pepper to a bowl and mix until combined.
2. Spread chicken mixture evenly in a thin layer all the way to the edges of each tortilla and set aside.
3. In a small bowl, combine remaining soy sauce with white vinegar, sugar, water, and hot sauce. Whisk until sugar is dissolved. Place 2 cups of slaw mix in separate bowl, pour the sauce over the slaw, and toss until coated. Set aside.
4. Working in batches in a large skillet or griddle, heat 1 tablespoon oil over medium-high heat. Place tortillas, meat side down in the hot pan and cook, undisturbed, until browned and cooked through, about 3 minutes. Flip and cook until browned and lightly toasted, another 1 to 2 minutes. Flip once more and cook 30 seconds. Remove from pan and repeat with remaining tortillas.
5. Top tacos evenly with remaining green onion, cilantro, and slaw mix. Serve. Enjoy!

Family Weekend Reading and Meal Adventure

Make family time extra special this weekend by pairing your child's favorite book with a fun, themed meal! Reading together builds a love of learning and creating a meal inspired by the story helps children explore new foods in a playful way.

How it works:

1. Have your child pick out their favorite book
2. Create a meal inspired by the story
3. Try one new food
4. Let everyone's imagination run wild

