



Volume 21 Issue 9

The Healthy Family Newsletter

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

May-June 2026

Bobbi Varichak DTR, SNS, MBA
Assistant Food Service Director
Willmar Public Schools
Editor

PARA TRADUCCION,
IIAME
320-231-7860

May Highlights

- May 1st: School Lunch Hero Day (Celebrated April 30th)
- May 10th: Mother's Day
- May 25th: Memorial Day

Important School Dates:

Willmar

- May 1st: No School
- May 25th: No School
- May 29th: Last Day for Seniors
- June 3rd: Last Day of School K-11th

Community Christian School

- May 1st: No School
- May 22nd: Last Day for Seniors
- May 25th: No School
- May 29th: Last Day of School K-11th



Check out the Breakfast and Lunch menus on your District Website



Follow us on Facebook

Summer Food Service Is Coming Soon!

For Summer Feeding 2026, children must be present to get meals.

Who Can Participate?

- Children 18 and under
- Young adults with disabilities enrolled in educational programs (under 21 years of age)



When is Summer Food Service?

- Willmar: June 8th - August 14th (Dates Subject to change)
- Closed: June 19th and July 3rd

Does Summer Food Service Program Costs anything?

- The program is FREE to all children 18 years old and under
- No adult meals provided

Where is Summer Food Service Being Held?

- Scan the QR code for additional dates, location and times. Information will become available in late May.



Summer is Coming!

SCHOOL LUNCH HERO DAY

School nutrition professionals play an important role in supporting student success every day. From preparing healthy meals and meeting strict nutrition standards to managing food allergies and greeting students with a smile, they help ensure students have the nutritious meals they need to learn and grow. School Lunch Hero Day is officially on Friday, May 1st; however, because our district will not be in session, Willmar Public Schools will celebrate our School Lunch Heroes on Thursday, April 30th.

We encourage students and families to take a moment to share their appreciation—whether through a simple thank-you or a note of gratitude—for the hard work and care our nutrition teams provide each day.



Join us in celebrating these everyday heroes who help nourish our students and support their success.





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



Spice Storage and Freshness Guidelines

Spices should be checked regularly to ensure they still have a strong aroma and flavor, as these qualities naturally fade over time. If a spice no longer has a noticeable smell, it has likely lost its potency and should be discarded and replaced to maintain food quality and taste.

Street Corn Pasta Salad

Portion Size: ½ Cup Yield 28 Servings



Ingredients:

- 16 oz. small pasta shells
- 3 large ears of corn
- 1 cup of grape tomatoes, quartered
- 4 green onions, thinly sliced and divided
- 2 jalapenos, seeded and diced
- ¼ cup cilantro, chopped
- 1 cup of cotija cheese
- ½ cup of sour cream
- ½ cup of mayonnaise
- ¼ cup lime juice
- 2 tsp chili powder
- 2 tsp cholula sauce

Directions:

1. Bring a large pot of water to boil. Add pasta to water and cook until tender, 7-9 minutes. Drain and rinse with cold water. Drain well. Add pasta to a large bowl and set aside.
2. Preheat grill or grill pan on high heat. Place corn on the grill. Cook corn until lightly charred, turning occasionally, about 3 minutes on each side. Set corn aside to cool down, then cut the corn off the cob. Add to bowl of pasta.
3. Add the quartered grape tomatoes, half the green onions, diced jalapenos, and cotija cheese into the bowl with pasta and corn.
4. In a small bowl add the sour cream, mayonnaise, lime juice, chili powder, and cholula sauce. Mix well. Pour the sauce over the pasta, mix until all ingredients are coated.
5. Chill salad. Serve and Enjoy!

Nutritional Information: 135 calories, 7 g fat, 110 sodium, 16 g carbs, 4 g. protein, 2 g. sugar

May is National Strawberry Month

Strawberry Pops

Portion size: 1 Popsicle Yield 6 Servings

Ingredients:

- 1 cup of lowfat milk
- 1 cup of frozen strawberries
- 1 medium banana
- ½ cup of vanilla greek yogurt
- 1 Tbsp honey or maple syrup
- ½ lime, juiced

Directions:

1. Combine milk, strawberries, medium banana, vanilla greek yogurt, honey or maple syrup, and juice from a ½ lime in a blender. Blend until combined.
2. Pour into ice pop molds. Freeze 2 hours or overnight. Enjoy!



Sun Bucks is back for Summer:

Eligible families can receive money this summer through Sun Bucks to help buy healthy groceries. Scan the QR Code for full details, eligibility, and how to access benefits. If you do not have a completed application for educational benefits please do so promptly.

