



Licking Heights Food Service

April Newsletter



We are excited to share with you what we have been up to!

Did you know that **wasted food** is the single largest category of material placed in municipal landfills? Or that **40 percent** of our food supply is wasted and that each of us throws away nearly **300 pounds** of food each year? During April in the school cafeteria, students will be able to participate in Discovery Kitchen activities and experiences with our **"Be A Waste Warrior"** theme.



The Discovery Kitchen Team will be visiting South Elementary on April 20th.

Almost 50%..... Of all fruit and vegetables produced is wasted every year globally which is equivalent to about 3.7 trillion apples. Here are ways to reduce the amount of food you waste:

1. **Bananas Gone Bad?** Not-so-pretty bananas make a flavorful, nutritious ingredient in a smoothie or milkshake, stirred into oatmeal, added to pancake batter or used to bake banana bread.
2. **Don't Give Up On Droopy Celery!** A quick soak in ice water for 5 minutes revives wilted veggies. Bendy carrots will straighten up, lettuce will crisp, and limp broccoli will find its strength again. And even if they can't be restored, some veggies you intended to eat raw – carrots, celery, and greens – can still shine in a cooked dish.
3. **When in doubt, puree.** Overcooked vegetables and dishes that disappoint can always be transformed into soups or sauces. Just toss them in the blender with some soup stock or low fat milk. Broccoli, carrots, cauliflower, potatoes and even leftover stir fry are excellent for this.

April Special Menu Days

April 12th:
National Grilled Cheese Day

April 18th:
National Animal Cracker Day

April 24th:
Enjoy a Sidekick outside to celebrate Earth Day





Vegetative Propagation – What's This?? Sounds super-smart when you use this fancy scientific way of talking about growing new vegetable from scraps of another! Grow celery stalks from an already cut celery base – visit our friends at kidsgardening.org for more ideas like this one!



The Food Service Team dressed up as a 'complete breakfast' to greet and hand out prizes to elementary school students during National School Breakfast Week!

Postponed!

The Licking Heights Middle School Student Choice Event has been postponed until April 14th. Come ready to taste our Nashville Hot Chicken Sandwich and Kung Pao Chicken!



March Discovery Kitchen was a big success at West Elementary. District Dietitian, Tessa Green, educated the students on the importance of eating a variety of different colored fruits and vegetables in order to get all of the nutrients they need to grow, develop and function properly. Students then sampled our Fresh Fruit Pizza for a colorful and delicious treat!



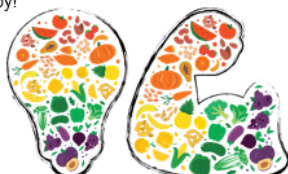
Fresh Fruit Pizza

Ingredients

1 each	6x6 WG Flatbread
2 tbsp	Blueberries
¼ cup	Banana, Diced
¼ cup	Strawberries, Diced
1 tbsp	100% Orange Juice
1 tsp	Sugar, Granulated
2 ounce	Yogurt, Vanilla, LF
¼ tsp	Vanilla Extract
¼ tsp	Cinnamon

Method

1. Place flatbreads onto sheet pan lined with paper.
2. Bake at 350 degrees F for 6 minutes.
3. Remove and allow to cool completely.
4. Wash all fruits thoroughly.
5. Cut fruit into appropriate sizes (medium to small dice) and toss with orange juice in a mixing bowl and mix until smooth.
6. To assemble each pizza:
 1. Lay pre-baked flatbread on sheet pan
 2. Spread ¼ cup of yogurt sauce evenly over surface.
 3. Top with ½ cup of the fruit mixture (drained) – gently press into yogurt to adhere.
 4. Sprinkle with ½ tsp cinnamon.
 5. Serve & Enjoy!



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