



Licking Heights Food Service February Newsletter



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

LHHS Students - WIN a FREE item from the snack concession stand for a week!

We need your help coming up with a creative name for our concession stand. Please submit suggestions during your lunch period to the box located at the concession stand. The winner will receive a free snack item every day during the week of February 13th-17th! All suggestions due by Wednesday, February 8th.

The Results are In!



Last month, the Food Service Department put on a Student Choice event at LHHS, letting students sample two potential menu entrees and letting them vote on which they preferred to be added to their monthly menu. The students tried a sample of Buffalo Chicken Mac & Cheese and a Nashville Hot Chicken Sandwich. Nashville Hot Chicken Sandwich was the winner by a landslide! It will begin being featured on the American Classics Line on February 9th!

February Events

February 2:

National Tater Tot Day

What do you call a potato wearing glasses?
"A Spec-tater"

Grab a side of tots with your lunch today!

February 9:

National Pizza Day

We will be serving up slices for lunch today!

February 10:

Superbowl Celebration

We are celebrating tail-gate style, serving up boneless wings and veggie sticks with ranch for dipping!

February 14:

Happy Valentine's Day!

Make sure to grab a delicious strawberry-lime sidekick as a sweet treat with your meal today!





Each month, the **Food Service Department** is bringing our **Discovery Kitchen** program to the cafeteria to provide students with an experiential learning activity. This month, our Discovery Kitchen theme is **Smart Snacking** and once again will be hosting live demos, along with sharing recipes and fun nutrition education throughout the month.

There's no question that students today are busier than ever! With school, sports and other extra-curricular activities, we want to ensure students understand how **healthy snacks and meals** can be an important part in keeping them **energized** all day long.



What is “Smart Snacking” ?

A snack that combines multiple food groups, such as fruits, vegetables, whole grains and proteins, creates a well rounded nutrient dense snack that will keep you energized and satisfied between meals. Here are some healthy snack suggestions for “on-the-go” families :

1. Build a trail mix with your favorite dried fruit, nuts, seeds, and/or whole grain cereals.
2. Dips can make snacking fun! Cut up your favorite veggies or fruit and eat them with a protein-rich dip such as hummus or almond butter.
3. Roll up some energy bites! Mix together your choice of nut butter, dried fruit, oats, seeds, coconut, vanilla extract, dark chocolate chips and whatever else sounds good to your family! Roll the mixture into mini balls and keep in the refrigerator for storage!
4. Smoothies are another great on-the-go snack that includes a protein and fruit source for a nutrient dense pick me up to your day!

Hungry not long after your last meal?

Including a protein-rich component to your snack such as milk, mozzarella cheese sticks, low-fat yogurt or yogurt drinks, nuts, hard-boiled eggs, and lean meats can help you feel fuller longer!

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