



Licking Heights Food Service January Newsletter



Coming This January.



Did somebody scream for ice cream? January 30th the Food Service Team at LHHS will be reopening their concession stand during lunch service for easy access for purchasing all snacks and beverages - including, smart snack compliant, Hersey's ice cream and frozen treat products! LHMS will also be adding Hershey's ice cream products to their available snack options. Purchasing of these snacks will be available during regular lunch hours only.

Trivia Time!

Welcome back to school! Here are some state food trivia questions to get your brain thinking again!

Answers on the second page.

1. Guacamole fans, rejoice. This state planted the first U.S. Avocado Tree in 1833. Making taco night in American homes infinitely better.
2. This state has been growing sweet potatoes since the 1400s. The state is the Sweet Potato capital of the world!
3. A town in this state inspired the name for FigNewtons! (Sorry Sir Issac)

January Events

January 4th :

National Spaghetti Day

We hope you enjoyed our hearty whole grain spaghetti topped with delicious meatballs and tomato sauce last week!

January 20th:

National Cheese Lovers Day



Get ready to "havarti" a "gouda" time because it's National Cheese Lovers Day! Warm up with our grilled cheese and tomato soup in celebration!

January 24th :

National Belly Laugh Day

Enjoy some smile fries at all elementary and intermediate schools 😊

January 31st :

National Brussels Sprouts Day

Green in color and rich in many nutrients, try some of our roasted brussels sprouts for lunch today!



We want to hear your voice!

January 26th we will be putting the menu to the students' vote at LHHS! The Food Service Team will be offering samples of two choices, **Buffalo Mac & Cheese vs Nashville Hot Chicken Sandwich**, after sampling we will ask for students to vote for their favorite entrée option. That dish will then be added to the school menu for the remainder of the year! It will be a battle of flavor!



VS

What dish will win!?



In honor of January being National Oatmeal Month, try our delicious Pumpkin-Cranberry Overnight Oats for a quick, easy nutrient dense breakfast!

Pumpkin-Cranberry Overnight Oatmeal

Servings: 8

INGREDIENTS

1-1/3 cup - Yogurt, Vanilla, LF
1 cup - Cranberries, Dried
3 tbsp - Honey
1 tbsp - Ground Cinnamon
1 cup - Pumpkin, Canned
1 tbsp - Pumpkin Spice Blend
3 cup - Oatmeal, Quick, Dry
3 cup - Milk, Skim

METHOD

1. In a medium bowl whisk together all ingredients.
2. Portion 8 oz (1 cup) of the mix into bowl, cover, and chill at 40 F overnight before serving.
3. Serve and Enjoy!

Portion Size: 8 oz (1 cup)

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Trivia Answers: 1. Florida, 2. Mississippi, 3. Massachusetts

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