



Licking Heights Food Service March Newsletter



The food service department hosted a smoothie bike booth at West Elementary STEAM family night. They had students jump on stationary bikes and use their pedal power connected to the blenders to mix up their own smoothies! This was a great event to highlight the importance of both nutrition and physical activity!

The Good Stuff Smoothie

Ingredients

- 2 cups - Apple Juice
- 2 1/4 cups - Strawberries
- 1 cup - Greek Yogurt
- 3 - Bananas
- 1 1/2 cups - Ice

Method

1. Combine all ingredients into a blender and blend until desired consistency.
2. Pour and Enjoy!



Celebrating the most important meal of the day!

The food service department visited the elementary schools during National School Breakfast week to celebrate and hand out prizes!





Korean March Bites!
As a part of our Global Eats program, Licking Heights High School featured a Chicken Bibimbap Bowl (left) and Beef Bulgogi (right) during the month of March.



Chicken Bibimbap Bowl: A signature Korean dish of hot rice topped with assorted vegetables



Beef Bulgogi: Beef flat steak, BBQ sesame sauce, onion and garlic sauce all served over brown rice

SMART SNACKING



Did you know?

The main ingredient of hummus, garbanzo beans, can actually be considered both a protein and vegetable food! Making hummus a tasty and nutritious snack choice!

The Discovery Kitchen was a big success at West Elementary this month! Students and the food service team discussed the importance of healthy snacking and came up with snack ideas that incorporate multiple food groups for optimal energy and nutrition! Some suggestions included fruit with nut butter, smoothies, and hummus with veggie sticks. The students then tried our roasted red pepper hummus and were given recipe cards to take home!



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