



Licking Heights Food Service May Newsletter



In April, the Food Service Department held a



Student Choice event at LHMS.

Students tried a sample of our Nashville Hot Chicken Sandwich and Kung Pao Chicken then voted on which they wanted added to their menu. **Kung Pao Chicken was the winner!** It will be featured in the LHMS cafeteria on **5/3!**

During the month of **May**, join us in the cafeteria every **Friday** and receive a **Sidekick** with your lunch to help you cool down as it is heating up outside!



Above: The concession stand sign is now up at LHHS! Special thank you to Zachary Douglas and the Fab Lab for designing and creating it!

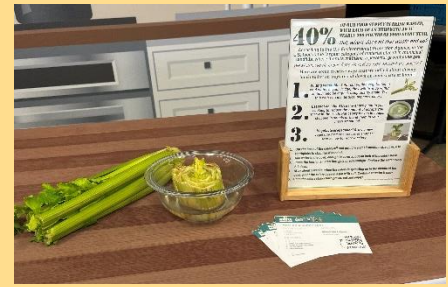


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April Discovery Kitchen was a big success! The Food Service Team visited South Elementary during lunch to discuss different ways to become **waste warriors**.

After hearing the students suggestions on how to decrease food waste, District Dietitian, Tessa Green showed the students how to **keep produce fresh longer** and how to **regrow celery from scraps**! The students were then able to enjoy **“Ants on aLog”** for a snack!



SCAN ME



Did you know?

Grilling on the backyard BBQ is an easy way to prepare low-fat meals that are full of nutrition. For a fun twist beyond meat and veggies, add peaches, watermelon, pears and pineapple onto the grill.



Above: North Elementary's colorful fresh cut veggies were too beautiful not to feature!

Stay on the lookout for the next district wide Newsletter for information on where students under the age of 18 can receive free meals all summer long.

The Food Service Department wishes everyone a fun and safe summer!



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