



Licking Heights Food Service

March Newsletter



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

Happy National Nutrition Month!



March is not only **National Nutrition Month** but with Chartwells we are also celebrating **Plant Power Month** in our cafeterias. Plant Power is a celebration of plant-based **fresh, seasonal** and **local** foods. Through a variety of menu items and cafeteria activities, students will have the opportunity to explore how they and their families can incorporate more of these powerful foods into their regular diet.

Join us **March 23rd** at **West Elementary** for our **Plant Based Themed Discovery Kitchen!**

National School Breakfast Week: March 6th-10th

NSBW celebrates the importance of a **nutritious** school breakfast in **fueling** students for success. Busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

Grades K-4 stay on the lookout for some **special guests** during breakfast service this week, we hear they have prizes!
Grades 5-12 make sure and enjoy breakfast for lunch on **Friday, March 10th!**

March Special Menu Days

March 2: National Read Across America Day

Elementary Schools Enjoy a Dr. Seuss Themed Menu:

Poodles Eating "Mac & Cheesy" Noodles

One Fish, Two Fish, Rainbow Goldfish

Broccoli & Cauliflower Truffula Trees

The Lorax Oranges
Grinchy Green Grapes

March 14:

π Day

Enjoy a slice of pizza pie today!

March 16:

Saint Patrick's Day Treat

Pick up a strawberry-kiwi sidekick with your lunch today!



The Hive

Congratulations to Saynab D. and Alena W. for both submitting the winning name for the concession stand at LHHS!

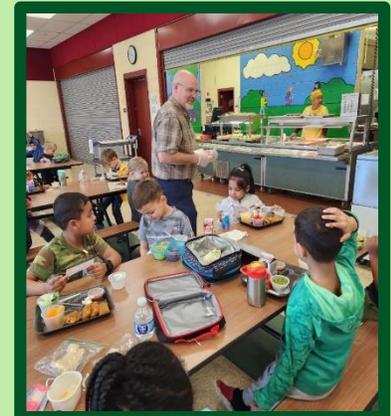
Did you know?

On average, plant foods contain 64 times the antioxidant levels of animal foods! Antioxidants protect our bodies against harmful substances and keep us healthy.

February Discovery Kitchen was a success! The Food Service Team had a blast visiting **North and South Elementary Schools** during lunch to discuss **smart snacking**, provide **strawberry smoothie** samples and hand out **recipe cards** for kids to take home!



Our food service team is bringing our **Student Choice** event to **LHMS** on **March 30th**. Join us in the cafeteria during lunch to sample and vote on the next menu item to be added to their regular menu!



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