

Licking Heights Food Service November Newsletter



November. our During Discovery Kitchen team visited West and South Elementary to promote Cooking Let's Get encouraging students to get in the kitchen with families. their We introduced them to different kitchen gadgets, handed out homemade bar samples pumpkin and recipe cards, as well as handed out colorful spatulas as prizes to a few lucky students!









On November 16th, all Licking Heights cafeterias featured our Feast Day meal in celebration! Special offerings included turkey & gravy, mashed potatoes, corn & spiced warm apples!

Homemade Pumpkin Bar



INGREDIENTS

As needed – pan spray

1 cup – canned pumpkin puree

2/3 cup – granulated sugar

3 ¼ fl. Oz. – canola oil

3 tbsp. – liquid egg

¾ tsp. – baking powder

¾ tsp. – ground cinnamon

½ tsp. – ground nutmeg

1/4 tsp. – ground cloves
½ cup – all-purpose flour (slightly

½ cup – whole wheat flour (slightly heaping)

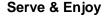
½ tsp. - salt Servings: 4-6

heaping)

METHOD

- In a mixer, or a bowl with handheld mixer, combine pumpkin and sugar. Add eggs and oil and mix until smooth.
- Sift together baking soda, spices, and flour, add slowly to the pumpkin mixture, and mix until combined (scrapes down sides of the bowl during the process).
- Pour into greased baking dish

 (appropriate to the batter quantity) and bake at 325 degrees for about 25 30 minutes.











YOU CAN

MAKE



This institution is an equal opportunity provider.

the Over past four **LHHS** weeks. the cafeteria has featured Mexican cuisine in their cafeteria through our Global Eats program! Next month our taste buds will be traveling trough China, with featured dishes such as Sweet & Sour Chicken Stir Fry, Sticky Soy Tofu, Ginger Glazed Sesame Garlic Cucumbers many more!







Huevos Rancheros Tacos Scrambled eggs, black beans, salsa and cheddar cheese served in a soft flour tortilla



Albondigas con Arroz Chicken meatballs, vine ripe tomatoes, carrots, peas, cilantro lime rice



Black Bean & Corn Salad Sweet corn, black beans, fresh bell peppers



Horchata Apple Parfait
Creamy cinnamon spiced
vanilla yogurt with tart granny
smith apples and crunchy
cinnamon Chex cereal



Corn & Pineapple Salsa Corn, diced pineapple, fresh jalapeno peppers, seasonings

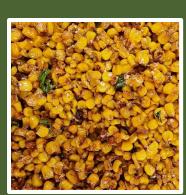
Matthew Goings
Director Of Dining Services
740.919.3287
Matthew.goings@lhschools.org



Chilled Spiced Mango Mango, chili powder, salt, sugar and lime juice



Cilantro Lime Rice
Fresh cilantro and lime
juice mixed with flavorful
cooked brown rice



Mexican Street Corn Corn kernels served Mexican street food style with mayo, spicy chili and lime juice

Karen Flook Food Service Secretary 740.919.3111 Kflook@lhschools.org Tessa Green
District Dietitian
740.919.3354
Tessa.green@lhschools.org

