



Licking Heights Food Service November Newsletter



During November, our Discovery Kitchen team visited West and South Elementary to promote **Let's Get Cooking** – encouraging students to get in the kitchen with their families. We introduced them to different kitchen gadgets, handed out homemade pumpkin bar samples 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

LET'S GET COOKING



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
 - ¼ tsp. – ground cloves
 - ½ cup – all-purpose flour (slightly heaping)
 - ½ cup – whole wheat flour (slightly heaping)
 - ½ tsp. - salt
- Servings: 4-6**

METHOD

- 1) In a mixer, or a bowl with handheld mixer, combine pumpkin and sugar. Add eggs and oil and mix until smooth.
- 2) 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).
- 3) Pour into greased baking dish (appropriate to the batter quantity) and bake at 325 degrees for about 25 – 30 minutes.

Serve & Enjoy

TASTY DISHES YOU CAN MAKE!



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



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

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