



Licking Heights Food Service October Newsletter



West and South Elementary had a new recipe tasting during their October Discovery Kitchen Program. The food service department was promoting eating seed to table and let students try a cucumber & tomato salad sample. They were also given a word search and discussed fun facts about the ingredients in the salad. Did you know!? Cucumbers are made up of 95% water, making them great at helping hydrate our bodies!



Congratulations to the Licking Heights High School for winning Food Service's Kitchen of the Quarter!



Cucumber & Tomato Salad



INGREDIENTS

- 1 ¼ cups – diced ripe tomato
- ½ cup – diced red onion
- 3 cups – diced cucumber
- 3 tbsp. – white vinegar
- ½ tsp. – ground black pepper
- 1 tsp. – salt
- ½ cup – salad oil

Servings: 4-6

METHOD

- 1) Combine all ingredients into a bowl and combine.

Serve & Enjoy



Through our new **Global Eats** program, the high school cafeteria featured different Italian cuisines throughout the month of October. Below are photos of some of the special dishes that were on the menu. During November, student's taste buds will be traveling to Mexico!

Ciao Italy, Hola Mexico!



Above: Food Service Director, Matthew Goings, kicking off the Global Eats program with a tasting of Chicken Arrabbiata



Cannellini Bean Salad



Pesto, Black Olive,
Roma Tomato Flatbread



Chicken Arrabbiata



Roasted Italian Green Beans
and Tomatoes



Rotini Pasta with Chicken & Broccoli
Alfredo with an herbed breadstick



Roasted Italian Red
Skinned Potatoes

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