



Licking Heights Food Service September Newsletter



October Special Menu Days

October 4th National Taco Day

Grab some tacos with all of the fixings for lunch at any of our cafeterias today!

October 6th National Smile Day

Elementary students will receive smile fries with their lunches today!

October 13th National School Lunch Week

Grab a chocolate chip cookie with your lunch in celebration!

October 17th National Pasta Day

LHHS will celebrate with Penne Pasta with Chicken Arrabbiata – a whole grain pasta with a spicy tomato sauce!

All aboard to Italy! The Food Service Team will be introducing our Global Eats program to LHHS throughout the month of October. We will be featuring different Italian dishes on our menu throughout the month. Some of the dishes that will be featured include a Pesto, Black Olive, Roma Tomato Flatbread (10/6), Broccoli and Rotini Alfredo Pasta (10/12) and Penne Pasta with Chicken Arrabbiata (10/17). Here are some fun facts about Italian cuisine to get you excited:

- Italians eat 60 pounds of pasta per person per year
- Olive oil is sensitive to light and therefore has detrimental effect. That's why it is stored in dark green or brown bottles. If olive oil is exposed to light, the antioxidants are destroyed.
- Italy produces over 3 tons of pasta each year.



Our LHHS food service team has spirit! Pictured above in their Barbie and groovy attire to celebrate spirit week in style!

September Discovery Kitchen. This past month our District Dietitian, Tessa Green, visited South Elementary during lunch to talk to the students about the importance of **hydration**. She measured out and showed the students how much added sugar is in some popular beverages including Coca-Cola, Mountain Dew and Monster energy drinks. She then explained the health effects that can come from consuming too much added sugar. Next Tessa showed the students two examples of naturally flavored water she created, a strawberry water and a cucumber lemon mint water, for when plain water does not sound appealing. At the end of her presentation, she gave out a prize to one lucky student each lunch period, a water bottle with an infuser in so that the student can make their own infused water at home!



3rd Grade student, Shahip Biswa, won a water bottle during his lunch period at South Elementary!

District Dietitian, Tessa Green, showing the students what 77 gms of sugar in a Mountain Dew looks like!



Two naturally flavored water examples brought for inspiration, Strawberry and Cucumber Lemon Mint Water!