



May Cafeteria News



May Events

May 3
School Lunch Hero Day

May 6-10
Teacher Appreciation Week

BBQ May 16
National BBQ Day
Enjoy a BBQ Riblet Sandwich at lunch

May 21
Senior's Last Day

May 22
Mood Boost
Presentation in Ms. Stevens class



May 24
Graduation Day



May 27
Memorial Day



May 28 

National Hamburger Day
Enjoy a Hamburger or Cheeseburger at lunch



May 31
LAST DAY FOR STUDENTS!

SCHOOL LUNCH HERO DAY



This month we celebrate our dedicated and hardworking lunch ladies on May 3!

A huge thanks goes out to all our kitchen staff for everything they do every day to provide healthy and nutritious meals for our students!

Thank you !!! **HIGH SCHOOL:** Susie, GeriLynn, Renee, Mary, Jenni and Rachel. **MIDDLE SCHOOL:** Pam, Molly, Gretchen, Stephanie and Vickie. **ELEMENTARY:** Taylor, Roxie, Phyllis, Kay, Sherri, Colleen, Sharayah, Melissa M. **ON CALL:** Leanne, Melissa S. and Brenda



The High school students and staff enjoyed our last stop on the Global Eats tour-Korea. We enjoyed Bulgogi Chicken Tacos with Cilantro Lime Slaw and Korean Style cheese corn. It was a very enjoyable program to run and we look forward to some new additions next year! The students that collected and kept all their stickers for each country received a bag of cookies and a certificate for a free second lunch and upsize drink.



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Discovery KITCHEN

MAY



Homemade Guacamole

INGREDIENTS

3 tbsp. – minced fresh cilantro
1 tbsp. – finely chopped red onion
2 ea. – chopped avocado
2 tbsp. – diced tomato
½ tbsp. – minced jalapeno
1 tbsp. – fresh lime juice
1 tsp. – salt

Servings: 4-6

METHOD

1) Combine all ingredients and mix gently.

Serve & Enjoy

Fun Facts

Guacamole is made primarily from avocados, which are packed with healthy monounsaturated fats, fiber, vitamins, and minerals.

The origins of guacamole can be traced back to the Aztecs in Mexico, who used avocados to make a similar dip called "ahuacamolli." The word "guacamole" comes from the Aztec Nahuatl language, combining the words "ahuacatl" (avocado) and "mulli" (sauce).

Avocados make a great pairing with other vegetables because they are rich in healthy fats, which help our bodies absorb fat-soluble vitamins A, D, E, and K.

Because one medium avocado contains over 20 essential vitamins, minerals and phytonutrients that our bodies need, avocados have become a well-known superfood.

An avocado, while often treated like a vegetable, is actually a fruit.

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serving up happy & healthy

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