



# May Cafeteria News



As the school year ends, we celebrate our school lunch heroes and thank them for all their hard work and dedication they bring to preparing and serving the students in the Licking Valley School District.



High School Staff:  
Susie, Renee, Rachel, Jenni and Mary



Middle School Staff:  
Pam, Molly, Gretchen, Stephanie and Vickie



Elementary Staff:  
Taylor, Roxie, GeriLynn, Sharayah, Sherri, Colleen and Melissa

## May Events

May 1  
School Lunch Hero Day

May 4  
Teacher Appreciation Week

May 6  
School Nurse Appreciation Day

May 19  
Senior Perfect Day  
Seniors Last Day



May 22  
Graduation Ceremony  
Congratulations Class of 2026

May 25  
NO SCHOOL-Memorial Day

May 29  
LAST STUDENT DAY





## Mixed Melon & Pineapple Salad

### INGREDIENTS

- ¾ cup – cubed watermelon
- ¾ cup – cubed honeydew melon
- ¾ cup – cubed cantaloupe melon
- ¾ cup – cubed pineapple

**Servings: 4-6**

### METHOD

- 1) Gently combine all fruit.

#### Notes:

- Add chopped mint if desired.

**Serve & Enjoy**

## Fun Facts

Eating fruit is a great way to stay hydrated during the summer. Fruits like cantaloupe, honeydew, and watermelon contain at least 90% water.

The white “seeds” in a seedless watermelon are actually empty seed coats where a seed did not fully mature. They are perfectly safe to eat.

Pineapple fruit is technically a mass of individual berries fused to a central stalk. Technically speaking, pineapples are considered a berry.

The cantaloupe, honeydew and watermelon are all melons. They are part of the gourd family. They are all round, or roundish, with pulpy flesh and many seeds.

100% of a watermelon is edible, including the seeds, flesh, and the rind. This means watermelon is a zero food waste food.