



October Cafeteria News



Meet the Cafeteria Staff: Over the next few months we will feature the staff of one of our buildings so you can get to know who is in your building! This month is the High School. Left to right: Jenni Emde, Michelle Aronowitz (Food Service Director) Mary Stewart, Molly Zeman, Renee Copper and Susie Hall (Kitchen Lead)



We will begin the Global Eats tour at the High School in Mexico on October 9th. We will be offering a lunch option of Four Cheese Enchiladas, Baja Beans and Spiced Mango Chunks. Collect your stamp/sticker each month on your passport and receive a prize at the end.



Pizza Daze taps into students' built-in love of pizza during the busy back-to-school season. As routines ramp up and schedules feel a bit hectic, this campaign positions pizza as a reliable, craveable favorite students can look forward to coming back to. Centered around adding new flavors to the traditional line-up, Pizza Daze will bring fresh energy to the pizza station! **We will be featuring a WACKY WEDNESDAY PIZZA choice at the High School. This will be a ONE TIME only opportunity to try a new pizza recipe each week of October.**



NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16th CAFETERIA CIRCUS

Special menu all week on the American Classic lunch line- see attached flyer for menu details and prize opportunities!

October's Discovery Kitchen theme is SEED TO TABLE. It is a celebration of fresh, seasonal and local foods. We will celebrate with a special recipe of Marinated tomato and Cucumber Salad on the Extra Bar HS/MS on the 21st and Elem. On 22nd



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October Events

October 2
NO SCHOOL

October 9
Global Eats- Mexico
Served at the High School

October 12-16
National School Lunch Week
CAFETERIA CIRCUS
Special menu for the week

October 7,14,21,28
PIZZA DAZE-WACKY WEDNESDAY
Try a new pizza recipe **ONE DAY ONLY** each week

October 21(HS,MS),22(Elem)
DISCOVERY KITCHEN
Marinated tomato and cucumber salad on **EXTRA EXTRA** bar

October 23
No School

October 26
Pumpkin Day- pumpkin bar
offered on **American Classic Line**

October 30
Mummy Dogs and Skeleton Fingers (fries) for lunch

October 31
Halloween



This institution is an equal opportunity provider.

OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		 On the HS 2Mato Line	1	 Custodian Day & World Smile Day No School
5	6	 HS-Hawaiian Pizza	 Apple Crunch Day	 Global Eats @ HS
12		 HS-Hot Honey Chicken Pizza	15	16
19	20	  HS-Dill Pickle Ranch Pizza	 Marinated tomato and cucumber salad	 World Series No School
 PUMPKIN DAY Pumpkin Day-Pumpkin Bars	27	 HS- Margherita Pizza	29	 Mummy Dogs Skeleton Finger Fries



LICKING VALLEY SCHOOL DISTRICT

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JOIN US ON FRIDAY, OCTOBER 9th

Four Cheese Enchiladas

A blend of four cheeses wrapped in a corn tortilla, oven baked in a savory enchilada sauce

Baja Beans

A blend of pinto and kidney beans seasoned with chili powder, garlic and onion powder

Spiced Mango Chunks

Frozen mango chunks spiced with chili powder, salt, lime juice and sugar

Global Eats



CAFETERIA CIRCUS

National School Lunch Week

October 12-16

Monday: Corn Dogs and Fries

Tuesday: Nachos with Cheese Sauce

Wednesday: Soft Pretzel with Cheese
Sauce

Thursday: Cheese Calzone

Friday: Walking Taco

*Find a sticker on your lunch and
win a special prize!!*

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

Notes:

You may leave skin and seed or per and remove seeds – your preference.



Fun Facts

Technically, tomatoes and cucumbers are fruits because they contain seeds, but both are often used as vegetables in a culinary context. The US Supreme Court ruled in 1893 that the tomato should be classified as a vegetable because of the way it is most often used in cooking.

Cucumbers are made up of over 95% water, making them a great hydrating snack and a natural remedy for bad breath.

There are over 10,000 varieties of tomatoes, ranging in size, color and shape. Tomatoes are not always red, they can be pink, yellow, purple, striped, brown, and green.

There are more than 3,000 varieties of "heirloom" tomatoes. Heirloom means that the seeds of the tomato have been consistently passed down through generations of gardeners and farmers allowing farmers to select the seeds that produced the best tomatoes.

There are two main types of cucumbers: "slicing," which are typically eaten fresh and raw and "pickling," which are smaller and typically pickled. Pickles are preserved in a solution of vinegar or brine to give it a sour or tangy flavor.