

# Mountain Home School District September 2023 Nutrition Newsletter



## What's New in the Cafeteria?

Welcome to your monthly newsletter! We are excited to share our story with you! Check out what's going on in your school cafeterias!



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## This Month in Discovery Kitchen

We are excited to kick off the month of September with a focus on teaching students how to fuel their bodies with nutritious foods through a Power Your Performance theme. This is the first theme of the school year in the Discovery Kitchen series of interactive food and nutrition education. From competitive athletes working to achieve peak performance, to any student looking to power through their active day, this Discovery Kitchen will show students how eating the right foods can help them perform at their best and stay ahead of the game. In September, students can taste and learn all about performance foods.

Power Up featured menu items:

Roasted Cinnamon Sweet Potatoes  
Sun Butter & Pretzel Fun Lunch  
Tuscan Noodle Bowl

Click on the link below for a fun and yummy recipe of Whole Grain Energy Bites to try at home.

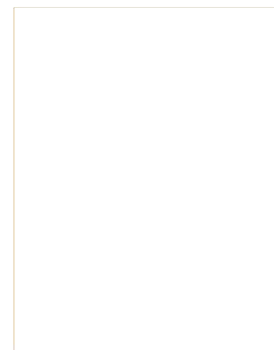
<https://vimeo.com/454497940>

chartwells  
**Discovery**  
KITCHEN



# POWER UP!

## Power Your Performance



Look for the Power Up logo  
for foods that fuel performance

Discovery  
KITCHEN

## A Reason to Celebrate!

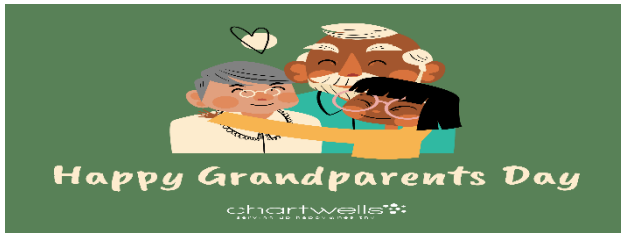
### September 9: I Love Food Day

We love food because it nourishes us and fuels us for a day of learning, and we know you'll love what we're serving up in the cafeteria today for "I Love Food" Day!



### September 10: Grandparents Day

Join us in the cafeteria to celebrate Grandparents Day as a school family!



### September 18: National Cheeseburger Day

National Cheeseburger Day on September 18th honors America's favorite sandwich with a slice of cheese.



### September 26: National Pancake Day



### September 27: Chocolate Milk Day

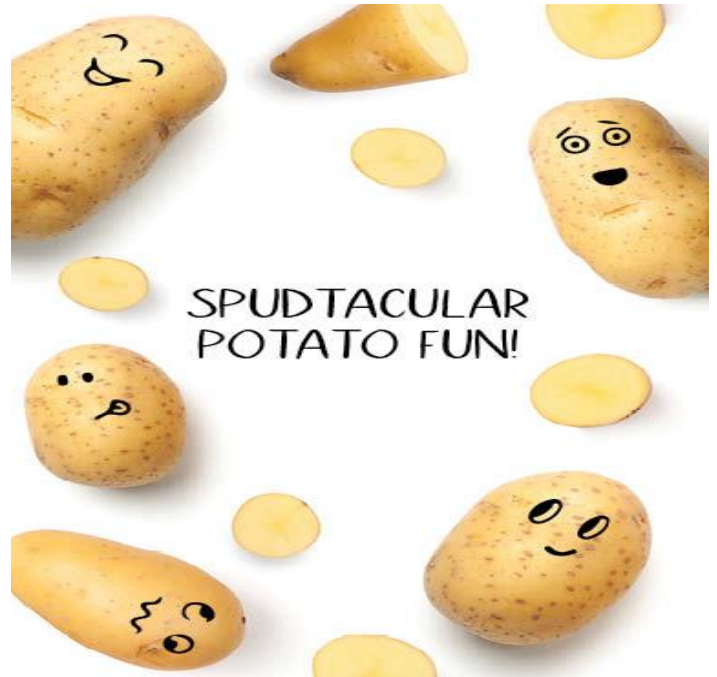
Enjoy a chocolate milk with your lunch!



## Potato Month!

September is National Potato Month!

What an awesome way to celebrate Idaho! Check out the different ways we will be featuring potatoes in the cafeterias!



# Better Together

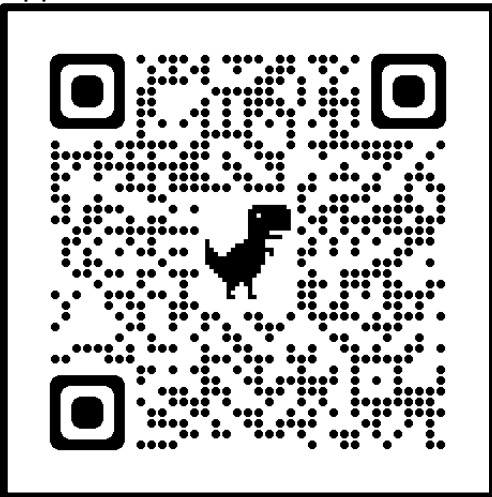
## Menus:

Use the QR Code to access NutriSlice where you can view the menus for you school.



## Mealtime:

Use the QR Code to add money to your student's account and fill out the Free & Reduced Meal application.



This institute is an equal opportunity provider.

<https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs>

## Employee Spotlight:

### West Elementary Kitchen Staff

Imelda McGrath  
(Kitchen Manager)

Maridee Kharri  
(Cook 1)

Vickie Spencer  
(Cook 2)



At the heart of Mountain Home School district, is a strong team of motivated, caring, and conscientious individuals who are dedicated to ensuring students leave the cafeteria happier and healthier than they came in. We all have the same goal-delivering the best foodservice possible.