

Mountain Home School District November Nutrition Newsletter



The Happiest Place in School Welcomes You!

Food is a big part of everyone's well-being, and students need a place to eat where they can connect with others, recharge, and enjoy a sense of happiness in their school. That's why we serve food kids love to eat and encourage fun and discovery. Our goal is to make sure that students leave the cafeteria happier and healthier than they came in.



Any questions or suggestions,
please contact:

Norma Meyers
Director of Dining Services
Meyers_nj@mtnhomesd.org
208-587-2573

In this issue:

Discovery Kitchen

**A Reason To
Celebrate**

Quick Links

chartwells
Discovery
KITCHEN

This Month in Discovery Kitchen: Let's Get Cooking!

November is Let's Get Cooking month in the cafes. Let's Get Cooking is a celebration of homemade foods and empowering students to make some of our own recipes at home with their family and friends. Some of the featured recipes this month are Roasted Sweet Potatoes, Butternut Squash Mac & Cheese, Pumpkin-Cranberry overnight Oats, and a Homemade Pumpkin Bar.

Make It At Home:

Scan the QR Code for the **Homemade Pumpkin Bar Recipe**.



LET'S GET
COOKING

A Reason to Celebrate!

November 6: National Nacho Day



November 11: Veterans Day

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day.

November 17: Holiday Meal

Each Café will be serving a Turkey Dinner this day.

November 20-24: Thanksgiving Break



November 24: Happy Thanksgiving!

Enjoy your time with family and friends!

Quick Links

NutriSlice is where you can find the breakfast and lunch menus for your school. Click on the link below to see what yummy choices are available.

<https://mtnhomesd.nutrislice.com/>

My MealTime is where you can pay on your student's account, you will need their student ID number. The link below will take you directly to My MealTime.

<https://www.mymealtime.com/>

You can also fill out the **Free & Reduced** application on the My MealTime site.

<https://www.mymealtime.com/Apps/SignIn.aspx?ReturnUrl=%2fapps>

Nurtislice Menu Link



My MealTime Link



Free & Reduced Application Link on My MealTime

