



# Mountain Home School District Food Services Newsletter

May 2025



## Mood Boost

The students at the Elementaries have been enjoying the Moodies over the last three weeks. They have had the opportunity to try new food and learn that the foods we eat can affect our mood. Mood Boost focuses on six categories of moods: Alert, Calm, Confident, Happy, Smart and Strong. Students received a corresponding bracelet for each Mood Boost recipe that they tried. Ask your elementary student if they were able to collect all six bracelets.



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## DISCOVERY KITCHEN FUN

### Summer Fun

This month, we'll bring the excitement of outdoor picnics and cookouts inside to the cafeteria! Students will enjoy summer-themed recipes and toppings to pull in flavors that enhance everyday ordinary meals. Recipes range from delicious picnic sides to grilled items featuring a variety of toppings complementing the flavors of summer!



## Mixed Melons & Pineapple Salad

### INGREDIENTS

- 1 pound – Watermelon
- 1 pound – Honeydew Melon
- 1 pound - Cantaloupe
- 1 pound – Pineapple

### METHOD

- 1) Remove rinds and cube fruits.
- 2) Mix all ingredients together in a bowl and toss.
- 3) Chill in the refrigerator at 41 F or lower until served.

## UP NEXT:

Join us for Chicken Pozole  
May 5 to celebrate Cinco de Mayo



Celebrate your lunch workers  
on May 2, 2025



May 2 West BBQ  
May 15 East BBQ  
May 19 Stephensen BBQ

