



Mountain Home School District

Food Services Newsletter

September 2025

Free & Reduced Meal Application Information

Apply for free or reduced-price meals today!

As we welcome students back for the new school year, we want to remind you about the benefit of school meals, which continue to be some of the healthiest meal options for students. Our goal is to continue supporting all students and families by ensuring those who need free meals at school continue to receive them. Families can qualify for free or reduced-price meals based on household income by submitting a meal application.

Check out answers to frequently asked questions about free or reduced-price school meals and the application process below and apply today!



mymealtime.com



Translated Applications

You can apply any time during the year.

Not ready to apply at the beginning of the year? Financial status changes mid-way through the semester? Not a problem. The application can be filled out at any point and students' status will be updated after the application gets processed. It's never too late!

The process is completely confidential.

You can trust that all of your information will remain confidential and only be used for determining eligibility for school meals. Once a student is approved for free or reduced-price meals, their status will also remain confidential so no student can be identified or singled out.

You'll save time and money!

The application only takes a few minutes to complete and is completely free. If you qualify, your student could be eligible for free or reduced-price school meals. No need to spend money on lunch boxes or lunch preparing bugged lunches!

All students regardless of free, reduced, or paid status are offered the same nutritious meal options to choose from.

The price of the meal is the ONLY thing that is reduced; all students are offered the same nutritious meal options to choose from.

For more information please call: Lori Ireland (208)587-2580



The Free & Reduced meal application can be found at mymealtime.com. The application can not be filled out on the phone app. it must be filled out on a computer. Paper copies are available at any of the school front offices.

For questions regarding filling out or submitting the Free & Reduced Application, please contact Lori Ireland at (208)587-2580.

PUBLISHED DOCUMENT: 2025-03021 (40 PB 11838)

Income Eligibility Guidelines
[Effective from July 1, 2025 to June 30, 2026]

Household size	Federal poverty guidelines		Reduced Price Meals—185%					Free meals—130%				
	Annual	Annual	Monthly	Twice per month	Every two weeks	Weekly	Annual	Monthly	Twice per month	Every two weeks	Weekly	
48 Contiguous States, District of Columbia, Guam, and Territories												
1	15,650	28,953	2,413	1,207	1,114	557	20,345	1,696	848	783	392	
2	21,150	39,128	3,261	1,631	1,505	753	27,495	2,292	1,146	1,058	529	
3	26,650	49,303	4,109	2,055	1,897	949	34,645	2,888	1,444	1,333	667	
4	32,150	59,478	4,957	2,479	2,288	1,144	41,795	3,483	1,742	1,608	804	
5	37,650	69,653	5,805	2,903	2,679	1,340	48,945	4,079	2,040	1,883	942	
6	43,150	79,828	6,653	3,327	3,071	1,536	56,095	4,675	2,338	2,158	1,079	
7	48,650	90,003	7,501	3,751	3,462	1,731	63,245	5,271	2,636	2,433	1,217	
8	54,150	100,178	8,349	4,175	3,853	1,927	70,395	5,867	2,934	2,708	1,354	
For each add'l family member, add	5,500	10,175	848	424	392	196	7,150	596	298	275	138	

This institution is an equal opportunity provider.

Nutrislice Menus

Don't forget to check out the daily, weekly, and monthly menus for each school online at mtnhomesd.nutrislice.com or with the Nutrislice phone app available in the app store.



Mrs. Norma Meyers
DIRECTOR OF DINING SERVICES
(208)587-2573
Meyers_nj@mtnhomesd.org



DISCOVERY KITCHEN FUN

FIT

Whether it's competing on an athletic team, staying active with friends, or studying for a math test, FIT teaches kids how to fuel their bodies and minds in the cafeteria and beyond. This innovative program brings together culinary demonstrations, nutrition education, and interactive classroom activities along with healthy recipes to help everyone perform at their best and stay ahead of the game.

FIT.

fuel.ignite.thrive.

STUDENT 
CHOICE
FOOD YOUR WAY

STUDENT CHOICE meets DIP'N FLAVOR

September 24th is the day! The students at MHJH will be able to put their taste to the test with a Student Choice event featuring Dip'n Flavors.

At this tasting event, students will be able to sample two different Dip'n sauces with popcorn chicken and then vote for their favorite.

**DIP'N TO
FLAVOR**

Dip'n to Flavor

This fall, students can dive into bold new tastes with *Dip'n to Flavor!*—a limited-time cafeteria promotion inspired by trending TikTok flavors. Featuring craveable, student-approved dips like Honey Buffalo, Korean BBQ, Chimichurri Ranch, and Sriracha Honey Mustard, it's all about dip'n, snack'n, and lov'n!

FUN DAYS THIS MONTH:

9/9 Stay Cheesy with a slice of Cheese Pizza!



9/18 Happiness served between two buns!



9/25 Thank a Food Service Worker today!



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