



## 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 24<sup>th</sup> 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.

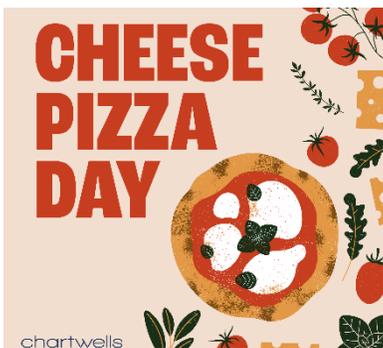
DIP'N TO  
FLAVOR

### 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!

