

Mountain Home School District December Nutrition Newsletter



Holiday Spirit Happening Here

Welcome to your monthly newsletter! It's hard to believe we have reached December already! Where has the school year gone? The three weeks before Christmas break will surely fly by. MHSD Nutrition Services would like to wish our community a happy and healthy Holiday Season.



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

In this issue:

What's New in your Schools?

Discovery Kitchen

**Events to Look Forward to
this Month**

This Month in Discovery Kitchen

December is Spice It Up! month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Spice It Up! Is a celebration of international recipes that are proven to raise the bar of the spice rack empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends.

Scan the QR Code to try out a **Spice It Up!** Recipe of Corn & Pineapple Salsa.



chartwells
Discovery
KITCHEN
AT HOME

chartwells
Discovery
KITCHEN



A Reason to Celebrate!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long.



December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous.



December 15: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17th calls for orders of pancakes, french toast, or biscuits topped off with butter and delicious maple syrup.



All Month Long: Happy Holidays



Your Special Event Title Here



We will be holding a Student Choice event at the JH during lunch on Wednesday, December 6th. The students will have the opportunity to sample two different menu concepts, and then vote for their favorite item. The winner will be featured on the January menu.

