



# Mountain Home School District Food Services Newsletter

October 2024



## Free & Reduced Eligibility

It's not too late to submit a Free & Reduced Application. You can find the application online at [www.mymealtime.com](http://www.mymealtime.com). You can also pick up a paper application at any of the school's front office.

Free & Reduced questions? Call Katelynn Osterhoff at (208)587-2559.



## Nutrislice Menus

There's an app for that! Did you know you have access to your student's daily menu? You can download the Nutrislice app or view the menu for each school online at [www.mtnhomesd.nutrislice.com](http://www.mtnhomesd.nutrislice.com).



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## DISCOVERY KITCHEN FUN SEED TO TABLE

This month's Discovery Kitchen theme gives kids an up-close look to see where their food comes from and how it's grown. Seed to Table is all about fresh, seasonal, and local foods. We're proud to celebrate seasonality, and help students and families have fun growing their own vegetables and herbs.

### Spinach Cranberry and Sesame Salad

Servings: 4-6

#### INGREDIENTS

3/4 cup – dried cranberries  
1 lb. – baby spinach  
2.5 cups – shredded mozzarella cheese  
1.5 tbsp. – Toasted sesame seeds  
2 tsp. – minced yellow onion  
2 1/2 tbsp. – apple cider vinegar  
5 tbsp. – salad oil  
2 1/2 -tbsp. – granulated sugar

#### METHOD

1. Combine cranberries, spinach, cheese and sesame seeds and place in bowl or on a plate.
2. Whisk together oil, vinegar, onions and sugar
3. Gently toss or pour over salad just prior to serving.
4. Serve and Enjoy!



## EAT THE RAINBOW

**Do you know of a place where you can buy all of the colors of the rainbow and meet a real farmer? Visit a local farmers market to see all of the rainbow colors of fruits and vegetables and talk to the farmer who grew them!**



Discovery  
KITCHEN

### UP NEXT:

Pasta Day: 10/17 Featuring a pasta dish at each school.



Potato Day: 10/27 Enjoy your favorite form of potato.



Halloween: 10/31 Featured menu item: Mummy Dogs

