



Mountain Home School District Food Services Newsletter

November 2024



Online Menus:

Check out our menus on Nutrislice, to see what our students are enjoying each day.



Food Service Is Hiring:

Are you looking for a part time position that coincides with your student's schedule? MHSD Food Service would be great for you!



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DISCOVERY KITCHEN FUN

Let's Get Cooking

We're celebrating scratch cooking and preparing meals together for Let's Get Cooking month. In the cafeteria, we'll highlight the flavors of homemade foods and empower students to make some of our own recipes at home with family and friends. Since the holidays are right around the corner, we thought this was the perfect time to get everyone excited about cooking together!



Enjoy a taste of Discovery Kitchen at:
Stephensen Elementary, 11/12 during lunch. Sample some scratch made Apple Cranberry Relish.

Homemade Pumpkin Bar

INGREDIENTS

As needed – pan spray
1 cup – canned pumpkin puree
2/3 cup – granulated sugar
3 ¼ fl. Oz. – canola oil
3 tbsp. – liquid egg
¾ tsp. – baking powder
¾ tsp. – ground cinnamon
½ tsp. – ground nutmeg
1/4 tsp. – ground cloves
½ cup – all-purpose flour (slightly heaping)
½ cup – whole wheat flour (slightly heaping)
½ tsp. - salt
Servings: 4-6

METHOD

- 1) In a mixer, or a bowl with handheld mixer, combine pumpkin and sugar. Add eggs and oil and mix until smooth.
- 2) Sift together baking soda, spices, and flour, add slowly to the pumpkin mixture, and mix until combined (scrapes down sides of the bowl during the process).
- 3) Pour into greased baking dish (appropriate to the batter quantity) and bake at 325 degrees for about 25 – 30 minutes.

Notes:

- To check doneness, insert a wooden pick – when it comes out clean, it is ready.

Serve & Enjoy

LET'S GET COOKING



TASTY DISHES YOU CAN MAKE!

Try our Discovery Kitchen at Home Recipe!

UP NEXT:

11/12: Whether it's topped with syrup, fruit or peanut butter, enjoy a slice today!



11/13 One small act of kindness can change someone's day.



Celebrate World Kindness Day

11/25-29 Enjoy the holiday break with family and friends.

