

Mountain Home School District March Nutrition Newsletter



Welcome to your monthly newsletter! Check out the fun and exciting things that are going on in your cafeterias!



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This Month in Discovery Kitchen

March is Plant Power month in the cafeterias and this month's Discovery Kitchen theme is designed to engage students with fresh recipes, delicious demos, and fun and informative nutrition education. Plant Power is a celebration of plant-based fresh, seasonal and local foods. Through a variety of menu items and cafeteria activities, students can explore how they and their families can incorporate more of these powerful foods into their regular diet.

Scan the QR Code for a
delicious recipe!
Sunbutter Quesadillas



chartwells
Discovery
KITCHEN



A Reason to Celebrate!

March 7-11: National School Breakfast Week

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. In these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast!

March 17: St. Patrick's Day

Patrick's Day is the feast day of St. Patrick, a patron saint of Ireland. Originally celebrated with religious feasts and services, St. Patrick's Day became a secular celebration of Irish culture when it reached the United States alongside Irish immigrants. Wear your green!

March 31: Farm Worker's Day

Take a moment to think about where your food comes from and all of those that work so hard to provide it.



The Mood Boost program continues this month. Ask your student if they have tried the Mood Boost menu items and how they liked it. Let them show off the swag they received for trying the "Feed your Mood" sample.



Hacker Middle School is going global! No passport? No problem! The Global Eats program introduces students to foods from around the world. For more information, check out the Global Eats website at K12GlobalEats.com



Menus and More

NutriSlice Menus

The menus for both lunch and breakfast for each school can be found on NutriSlice.

MealTime

Funds can be added to students accounts on the MealTime website. You will need your students 9 digit student ID number.

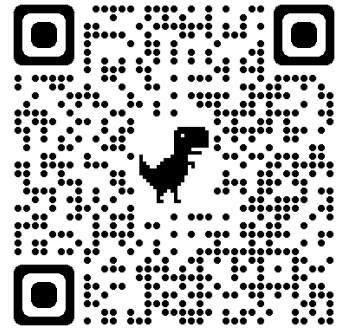
Free & Reduced Application

The Free & Reduced application is available on the MealTime Website.

NutriSlice



MealTime



Free & Reduced Application

