



Mountain Home School District Food Services Newsletter

January 2026



Welcome Back!

We hope you had a restful and enjoyable holiday break.

Our limited time offer



continues through January. As the days are getting colder, students can beat the chill and warm their bellies with robust flavors from scratch made comfort foods such as Dutch Chicken Pot Pie, White Turkey Chili, Chili Cheese Dogs, Jamacia Hand Pies, and French Toast Casserole.



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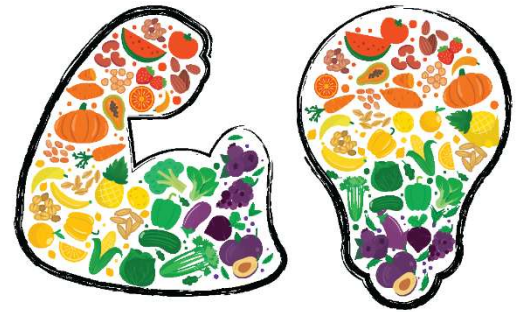
DISCOVERY KITCHEN FUN

Plant Power

Plant Power is a celebration of plant-based, fresh, seasonal and local fare. This month, students will learn just how powerful some plants can be in terms of protein and nutrition. Through a variety of menu items and activities, students will explore how they and their families can incorporate more of these powerful foods into their regular diet.

Featured menu items include:

Butternut Squash Mac & Cheese, Banana Sun Butter & Granola Wrap, Rainbow Hummus Wrap and Chickpea Biryani.



plant power

MOOD BOOST

The **Moody Monsters** are back and will be transforming our elementary cafeterias into a happier and healthier place by teaching our students how the foods they eat can improve their mood.



UP NEXT:

1/6: **Spaghetti Day.**
Spaghetti & Meatballs for lunch.
Slurp It Up!



1/15: **Bagel Day,** Join us for a Turkey & Cheese Bagel Melt.



1/21: **Granola Bar Day**
Enjoy a homemade Blueberry Oat Bar for Breakfast.

