



Mountain Home School District Food Services Newsletter

February 2026



Bloom Into Breakfast Intro:

A new season is blooming in the cafeteria! 🌸🔍 Our Bloom Into Breakfast campaign is launching soon, bringing fresh flavors, bright beginnings, and breakfasts worth waking up for. Look for spring-inspired favorites that start the day on a delicious note. Who's ready to rise and shine? ☀️



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Lots to Love about School Breakfast!

<p>Stronger with School Breakfast</p> <p>Kids who eat school breakfast start the day with:</p> <ul style="list-style-type: none"> Half the fruits they need for the entire day 40% of the dairy foods they need for the entire day 1/3 of the whole grains they need for the entire day <p>School breakfast is an easy and delicious way for kids to get a head start on the day's nutritional requirements by providing foods that most kids don't eat enough of, like whole grains, fruits, and dairy. We oversee what goes on the plate, so you don't have to!</p> <p><small>*by following USDA NSLP Guidelines</small></p>	<p>Breakfast Brain Power</p> <p>Kids who eat breakfast achieve higher scores on standardized tests, have better attendance, and are more likely to graduate. Eating breakfast closer to test-taking time has been proven to increase standardized test scores compared to those who skip breakfast or eat it at home: https://trac.org/</p>
<p>Cost Effective</p> <p>School breakfast is a helpful option for busy parents. It's also quite affordable! Compare the cost of soaring grocery store prices on standard breakfast items and fresh produce to the cost of the school breakfast, and you may be surprised at which option provides the best value!</p>	<p>Craving Convenience</p> <p>Let us do the planning and serving! Buying school breakfast saves you time on meal prep, shopping, and cleanup, and even lets kids sleep in a little longer. School breakfast makes your mornings a bit less hectic!</p>
<p>Less Waste</p> <p>We all know kids can be picky. Buying breakfast means they get to choose what they want to eat each day rather than throwing away any unwanted food packed in their lunch.</p>	<p>Battle Breakfast Boredom</p> <p>Eating the same breakfast at home every day can be BORING. School breakfast gives students the opportunity to try different foods every day. Our team of chefs and dietitians are constantly developing new recipes that keep up with trends and are kid-approved!</p>
<p>Try Something New!</p> <p>We serve a lot of what your kid loves to eat at home with the added benefit of superior nutrition! Our breakfast items have been created for school meals and are often lower in sugar and higher in whole grains with the same great taste, but all the kids know is that it's delicious!</p>	

This institution is an equal opportunity provider.



DISCOVERY KITCHEN FUN

Smart Snacking

With school, sports, and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be important in energizing them all day. Insights show that today's students have non-traditional eating habits, favoring mini meals. This month, students will learn to create Smart Snacks for school and at home.

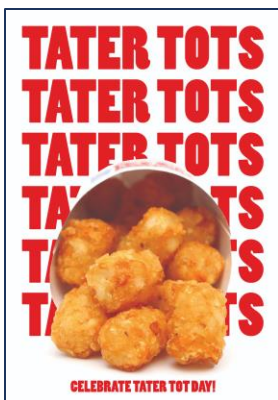


Are potato chips one of your favorite snacks? Try making your own or even better, try other vegetables such as kale, zucchini and squash. They will be fresher and you'll probably need less salt.



UP NEXT:

Feb 2: Featuring Beef Taco TOTchos



Feb 12: Featuring Homemade Baked Pasta with Spinach, Bacon & Tomatoes



Feb 27: Pancakes & Strawberries are joining forces for a yummy mashup!

