



Mountain Home School District Food Services Newsletter

March 2026



National School Breakfast Week:

March 2-5, we're celebrating the power of breakfast for National School Breakfast Week! A nutritious morning meal helps students start their day focused, energized, and ready to learn.

This year's celebration pairs perfectly with our Bloom Into Breakfast limited-time campaign featuring fresh flavors and student-favorite breakfasts.

Join us as we kick off a week full of delicious breakfasts and fun cafeteria experiences!

Does your student qualify for Free or Reduced Meals?

You can apply for Free & Reduced meals at any time during the school year. Applications can be filled out online at mymealtime.com or paper applications are available at any of the school front offices.

For questions regarding your student's eligibility, please contact :

Lori Ireland
Free & Reduced Coordinator
(208)587-2580

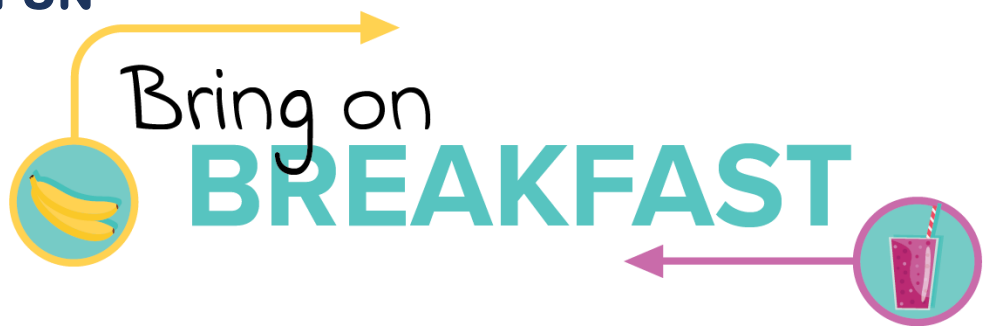


Mrs. Norma Meyers
Director of Dining Services
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DISCOVERY KITCHEN FUN

Bring on Breakfast!

March is Bring on Breakfast month and we look forward to introducing delicious recipes, interactive demos, and nutrition education about this important meal.



Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences and better test scores. With Discovery Kitchen, students can taste and learn about what makes a balanced breakfast and discover creative alternatives that best serve their busy schedules with grab-and-go options and more.

Discovery Kitchen At Home

Start your day Happy and Healthy with this delicious homemade smoothie recipe.

Enjoy!

Strawberry Chocolate Smoothie

INGREDIENTS

- 1 ½ cups – applesauce
- 1 ½ cups – apple juice
- 2 tbsp. – baking cocoa powder
- 6 cups – strawberry yogurt

Servings: 6

METHOD

Combine all ingredients and mix well with a wire whip.

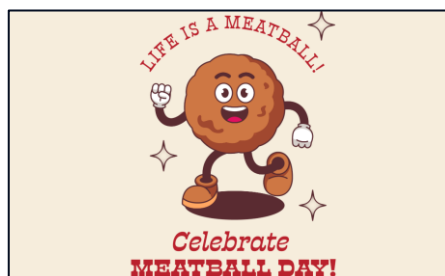
Serve & Enjoy

UP NEXT:

3/2 Read Across America Day!
Enjoy a good book.



3/9 Meatball Day!
Featuring Swedish Meatballs.



3/11 Eat Your Noodles Day!
Taste the PASTA-bilities!

