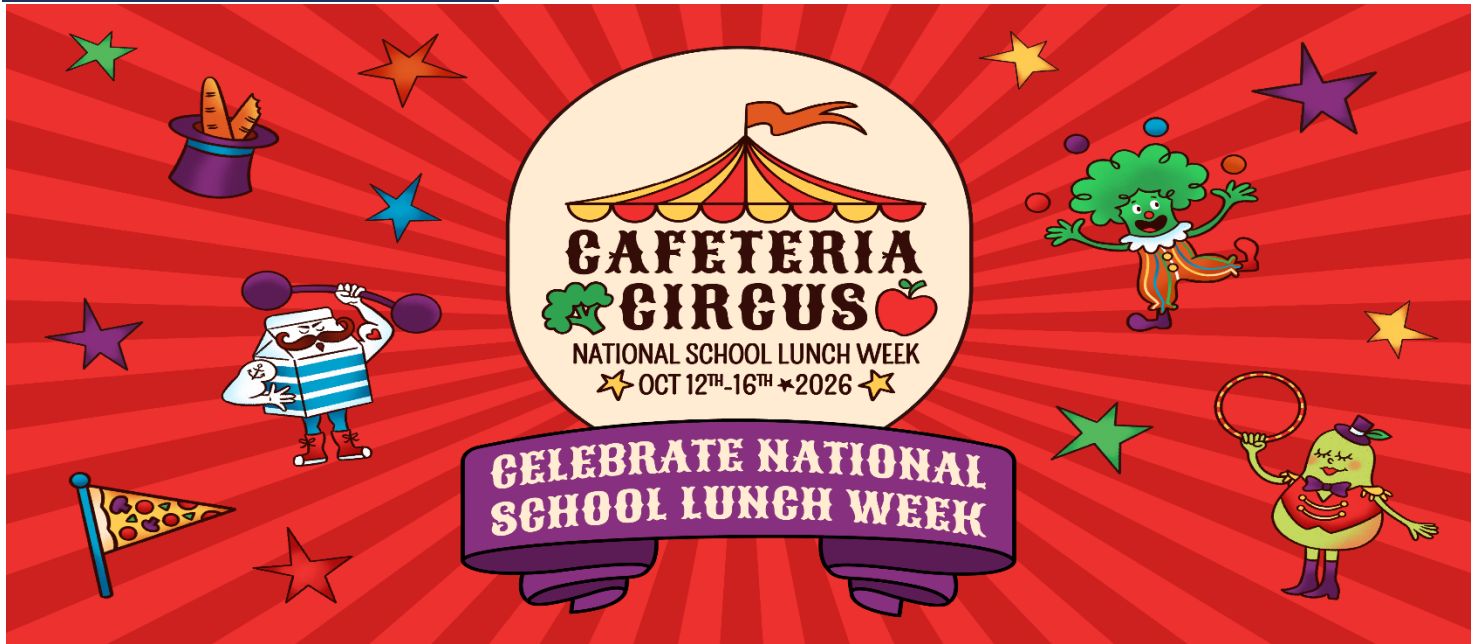


Mountain Home School District Food Services Newsletter



October 2026



National School Lunch Week

Step Right Up to our Circus of Slices! Where National School Lunch Week's Cafeteria Circus merges with our Pizza Daze LTO! October 12-15 we will feature a different signature pizza every day. At the secondary level, on 10/13 our featured attraction will be a Student choice Showdown where students can vote for their favorite new pizza. The performers will be Pepperoni & Jalapeno Pizza against the Pickle & Ranch Pizza. The winner will be featured on our menus.

Don't miss out on the fun & excitement!



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DISCOVERY KITCHEN FUN

SEED TO TABLE

This month's Discovery Kitchen theme gives kids an up-close look to see where their food comes from and how it's grown. Seed to Table is all about fresh, seasonal, and local foods. We're proud to support local farms, celebrate seasonality, and help students and families have fun growing their own vegetables and herbs.



Cucumber & Tomato Salad

INGREDIENTS

- 1 ¼ cups – diced ripe tomato
- ½ cup – diced red onion
- 3 cups – diced cucumber
- 3 tbsp. – white vinegar
- ½ tsp. – ground black pepper
- 1 tsp. – salt
- ½ cup – salad oil

Servings: 4-6

METHOD

- 1) Combine all ingredients into a bowl and combine.

Serve & Enjoy

Notes:

You may leave skin and seed or per and remove seeds – your preference.



Discovery Kitchen at Home

Got extra tomatoes and cucumbers from your garden? Try some in this refreshing Cucumber & Tomato Salad.

UP NEFUN DAYS THIS MONTH:

10/6 Taco Day



10/8 Apple themed items featured on the menu.



10/12-15 National School Lunch Week, Circus of Slices!

