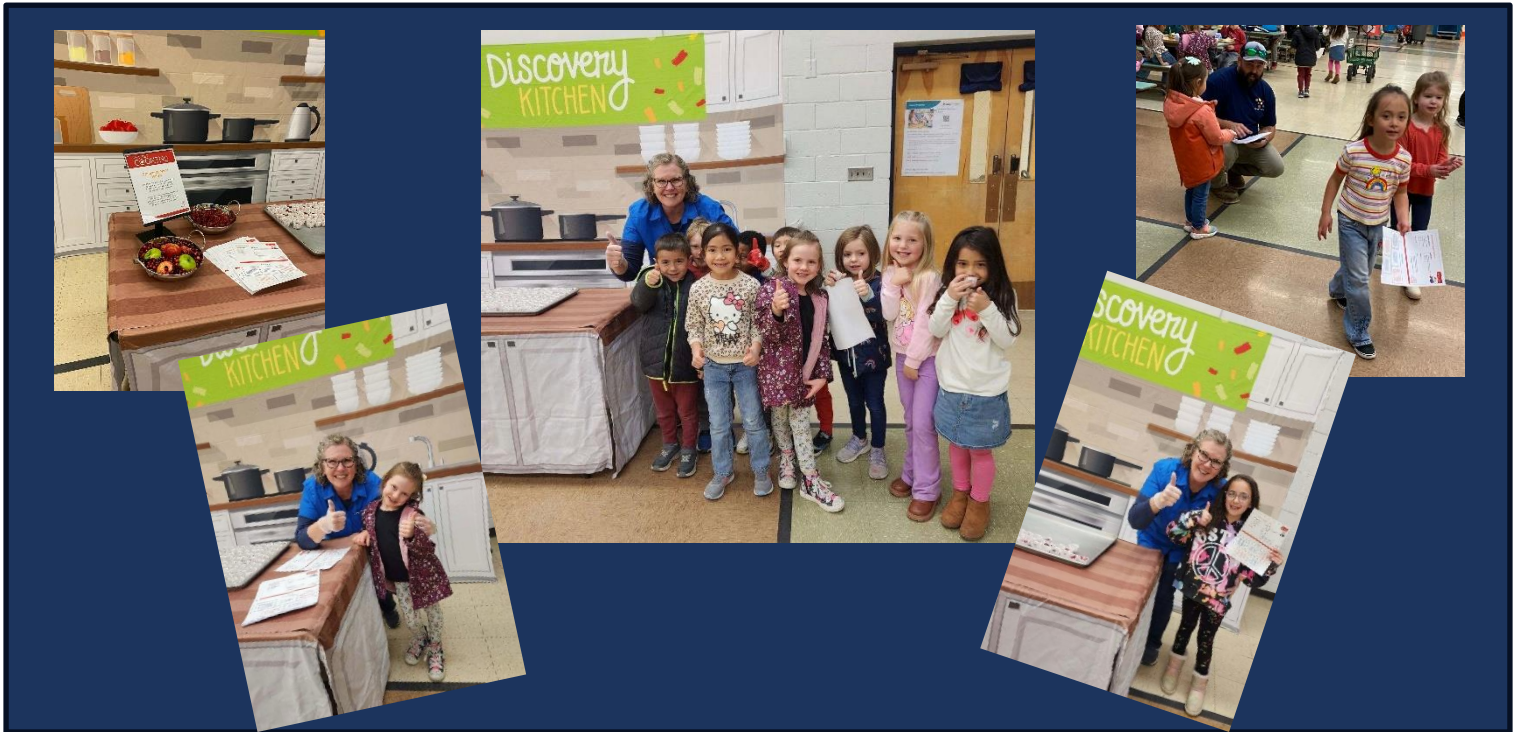




Mountain Home School District Food Services Newsletter

December 2024



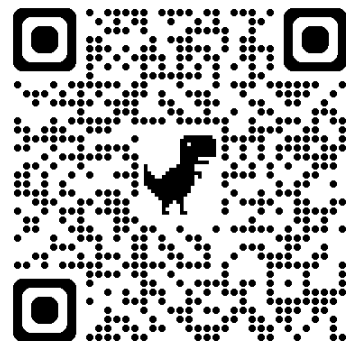
Discovery Kitchen

Discovery Kitchen provides an opportunity for our students to learn about a new recipe and the benefits of consuming certain foods. In November, the students at Stephensen Elementary were able to sample our scratch made recipe of Cranberry Apple relish.

The photos above are from that event.

Curious about what is on the menu next?

Scan the QR Code to see what is on the menu and discover the fun dishes the kids will get to enjoy this month!



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DISCOVERY KITCHEN FUN

Spice It Up!

Spice It Up is a celebration of international recipes that are proven to raise the bar of the spice rack. It empowers students to cook with seasonings that are sure to spice up any meal with their family and friends. Throughout December, we'll engage students with fresh recipes, delicious demos, and fun and informative nutrition education.

Get ready to add a little spice to your day!

Enjoy a taste of Discovery Kitchen!



Ever wonder what the difference is between an herb and a spice? Spices come from the seeds, bark, berry or fruit of a plant and herbs come from the green leaves.

DISCOVERY KITCHEN

UP NEXT:

Dec 4-Enjoy a Cookie with Lunch!



Dec 11- Join us for a bagel at breakfast.



Dec 23-Jan 6-Winter break.

