



Mountain Home School District Food Services Newsletter

March 2025



Story 1: Global Eats

The students at MHJH have been on a global adventure! Over the past two weeks, they have had the opportunity to try cultural cuisine from around the world. Check out the pictures and scan the QR code for more information about this exciting program.

Story 2: Discovery Kitchen

Discovery Kitchen At Home presents...
Fresh Fruit Pizza! Enjoy this homemade recipe at your next family or friends activity day.



Mrs. Norma Meyers
Director of Dining Services
(208)587-2573
Meyers_nj@mtnhomesd.org



Global Eats at MHJH



Scan the QR Code to learn more about our exciting Global Eats program.



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.

Some of our featured Plant Power recipes will be:

Fruit Pizza

Butternut Squash Mac & Cheese



plant power

Fresh Fruit Pizza

INGREDIENTS

- 4 ea. – prebaked flatbread (6" x 6")
- ½ cup – fresh blueberries
- 1 cup – diced banana
- 1 cup – diced fresh strawberries
- ¼ cup – orange juice
- 1 tbsp. – granulated sugar
- 8 oz. – vanilla yogurt
- 1 tsp. – ground cinnamon

Servings: 4-6

METHOD

- 1) Cook flatbread in the oven. Remove and completely cool.
- 2) Combine sugar, yogurt and cinnamon in a mixing bowl and stir to combine.
- 3) Scoop ½ cup of yogurt on each pizza and evenly distribute pizza on each.

Serve & Enjoy

Notes:

If your vanilla yogurt is sweet enough, you can omit the added granulated sugar.

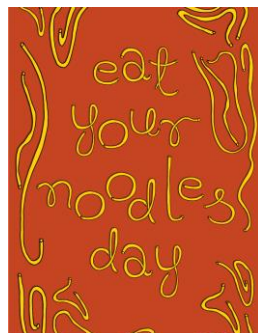


UP NEXT:

National School Breakfast Week
March 3-7.



Eat Your Noodles Day
March 11.



Meatball Day
March 19.

