



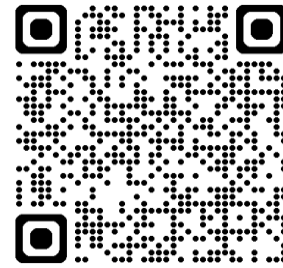
Mountain Home School District Food Services Newsletter

February 2025



Free & Reduced Priced Meals

It's not too late to apply for free and reduced price meals. The application can be filled out online at www.mymealtime.com, or a paper application can be picked up at any of the school front offices.



The QR Code will take you to the online Free & Reduced application.



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DISCOVERY KITCHEN FUN

Smart Snacking

There's no question that students today are busier than ever! 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. The tradition of three square meals a day is becoming a thing of the past, and 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.

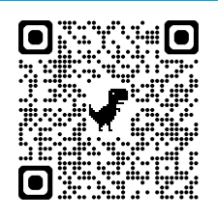
Hungry not long after your last meal?
Protein-rich snacks such as milk, mozzarella cheese sticks, low-fat yogurt or yogurt drinks, nuts, hard-boiled eggs, and lean meats help you feel fuller longer.



Let's go on an adventure!

Global Eats is preparing to land in the JH cafeteria during the month of February. Take off with us and learn about our world's countries, cultures, food, and FUN!

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



UP NEXT:

2/3 Join us for some delicious BBQ Chicken TOTchos!



2/13 We'll be serving some yummy pasta in celebration of Italian Food Day!



2/17 A little kindness goes a long ways!

