



Mountain Home School District Nutrition Services Newsletter

April 2025



Mood Boost!

We have some special friends coming to our elementary cafeterias in April. The Moodies are good monster friends who help students remember all the ways that food can help to make them feel their best. Students will see these Moodies in the cafeteria next to recipes they can try. Students will receive a prize for trying the featured Mood Boost recipe.

Mood Boost Videos

The Mood Boost program teaches students which foods may help them feel their personal best. Scan the QR Code or click the link to meet The Moodies in short video lessons.

<https://vimeo.com/showcase/7690500>




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




DISCOVERY KITCHEN FUN

Be A Waste Warrior

This month's Discovery Kitchen theme presents interactive, impactful activities to connect with today's students. With environment-friendly festivities including Earth Day and Stop Food Waste Day throughout the month of April, we'll celebrate with featured foods and programs that highlight the many ways students and the community can make a difference in reducing food waste and protect the environment.



Several apps are available that can help you manage your food waste. "Handpick" helps you plan meals with ingredients you already have and "Food Keeper" is a great resource to learn how to store food to maximize freshness and quality.



UP NEXT:

4/10
Breakfast: Ham, Egg & Cheese Burrito
Lunch: Chicken Burrito Supreme



4/11
Lunch: Grilled Ham & Cheese



4/22
Earth Day!

