

Mountain Home School District January Nutrition Newsletter



Welcome Back! Cheers to a Happy and Healthy New Year

Welcome to your monthly newsletter! We hope everyone had a restful and enjoyable Holiday Break!



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Welcome Back

Discovery Kitchen

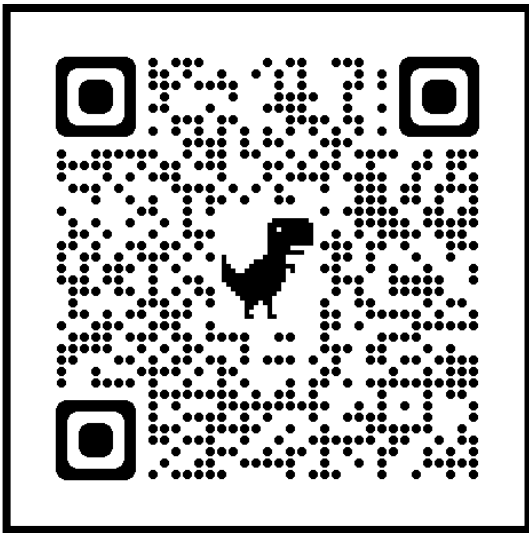
A Reason To celebrate!

Student Choice Winner

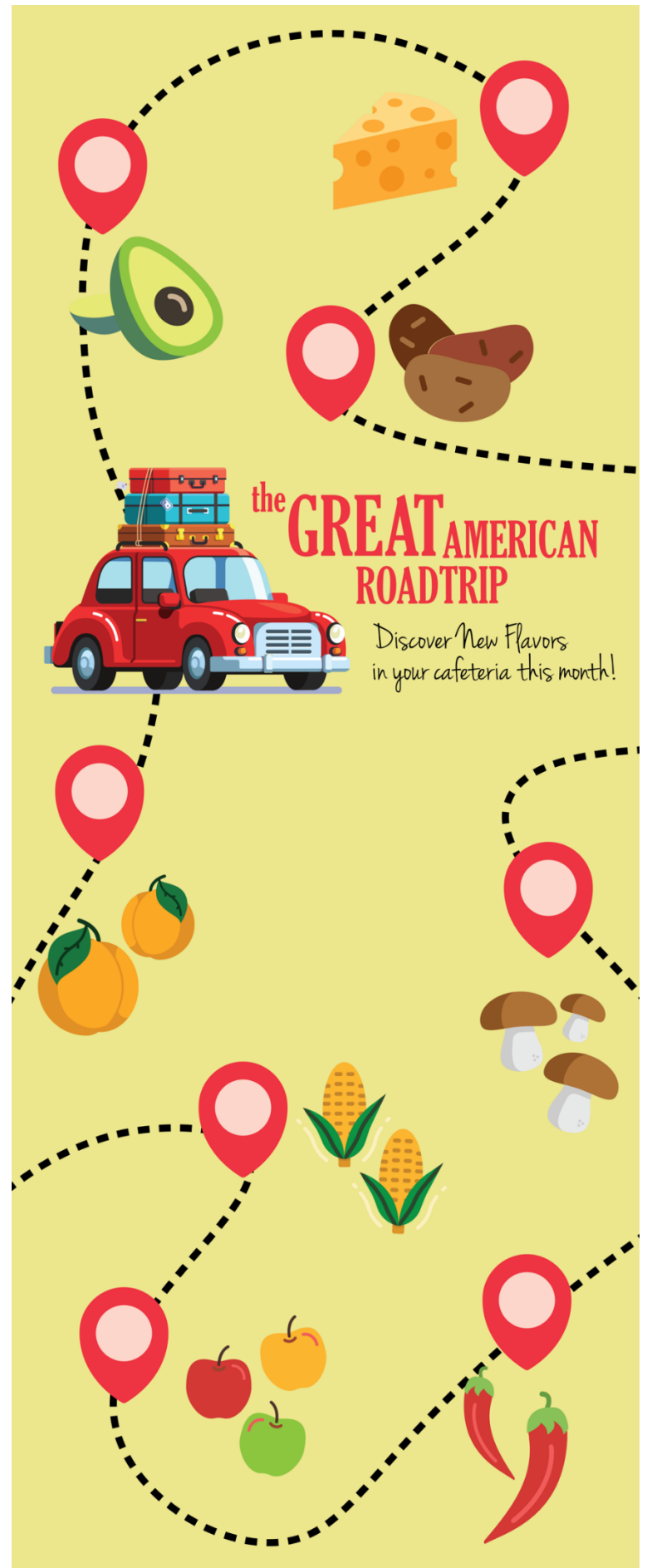
This Month in Discovery Kitchen

January is the Great American Roadtrip month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. The Great American Roadtrip allows students to experience this great country through the power of food! We will take your students on journey through the quadrants of the U.S., where they will learn about local favorites of each region and, about the geography that allow these regions to produce certain foods for the entire country.

Scan the QR code for a
Discovery Kitchen Recipe:
Southwestern Breakfast Burritos



chartwells
Discovery
KITCHEN



A Reason to Celebrate!

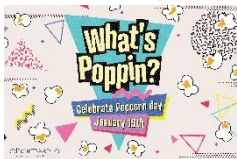
January: National School Board Recognition Month

Thank you, School Board Members! On behalf of all of our Chartwells team members – and our 16,000 fellow associates across the country, we can't thank you enough for supporting our mission of serving up happy and healthy every day.



January 19: National Pop Corn Day

Popcorn is definitely one of America's favorite snacks, and what better way to honor this wholesome snack than by dedicating an entire day to it?! Join us in the cafeteria to celebrate National Popcorn Day



January 20: National Cheese Lover's Day

Get ready to 'havarti' a 'gouda' time, because it's National Cheese Lover's Day!

LET'S GET CHEESY

January 21: National Granola Bar Day

Granola bars are made out of rolled oats, dry fruits, and honey, which makes them a good breakfast food or snack. They are popular among hikers and anyone else who needs food that delivers a quick energy hit.



January 22: Lunar New Year

Celebrate the traditional dishes of the Lunar New Year!

STUDENT CHOICE FOOD YOUR WAY

On December 7th, we held a Student Choice event at the JH. The students were able to sample two different culinary concepts, then vote for their favorite. And the winner is.....

The Southwestern BBQ Chicken Sandwich, which is featured on the menu this month.

