

# Mountain Home School District February Nutrition Newsletter



## Lots to LOVE About School Dining!

Welcome to your monthly newsletter! Check out the fun and exciting things we have going on this month.



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**What's New in your Schools?**

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**Discovery Kitchen**

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## A Reason to Celebrate!

### February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us in this week's meal pickup! #nationalpizzaday



### February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid and the shape of a heart.



### February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.



Mood Boost is back at the Elementaries! For the next six weeks, we will be featuring a different menu item each week that teaches the students how the food they eat affects their moods. The students will have the opportunity to win a prize by sampling the featured menu item.

