

# Kayenta Unified School District Food Services Newsletter

October 2026



## KES got a boost of Happy

Chad Allen prepared Melon Salad for the kids. We will officially roll out Mood Boost on Oct 21<sup>st</sup>. We hope the KES kiddies will enjoy this during National School Lunch Week.

### UPCOMING MOOD BOOST TASTINGS

| Week | Mood                                     | Dates                     |
|------|------------------------------------------|---------------------------|
| 1    | Tasting<br>Melon Salad                   | September 30th            |
| 2    | Strong<br>Celery & Sunbutter Sticks      | October 21 <sup>st</sup>  |
| 3    | Calm<br>Broccoli Salad with Raisins      | November 18th             |
| 4    | Happy<br>Herb Roasted Red Bliss          | December 16 <sup>th</sup> |
| 5    | Alert<br>Apple Cucumber Salad            | January 20th              |
| 6    | Smart<br>Blueberry with Balsamic & Thyme | February 17th             |
| 7    | Confident<br>Carrot Raisin Salad         | March 10th                |



## Pizza Daze Craze

This will be the last month of our LTO of Pizza Dazes. We thank all you who were brave enough to try out that pickle pizza and the another classic the Pepperoni Calzone.....



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## DISCOVERY KITCHEN FUN

### Pumpkin Carving Competition

This month's Discovery Kitchen is a small "cookoff". The culture center is working with the Middle School cafeteria staff to help kids carve pumpkins. They will also have kids take home pumpkins. This is exciting to see Baker Middle School be the center of Discovery Kitchen Cookoffs.



Enjoy a taste of Discovery Kitchen at:

**Bake Middle School Cafeteria/ Oct 29<sup>th</sup>, 2026 /**

**3:40pm**

**Up to 20 Competitors**



## National School Lunch Week October 19<sup>th</sup>-23<sup>rd</sup>

We are happily introducing some fun and amazing foods during National School Lunch Week. One is of course a Kayenta only- Mini Navajo Burger. We also have Italian classics like Meatballs in Zesty Marinara, Spicy Caribbean Island Style Chicken Curry, Honey BBQ Sriracha Chicken, and Mexican Lasagna.

Some dishes will feature different plating and fun prizes.

Linda Thinn has been working at KUSD for 30 years, here she is plating chicken enchiladas

## UP COMING FUN DAYS THIS MONTH:

October 8<sup>th</sup>, enjoy apples in any form



National School Lunch Week  
October 19<sup>th</sup> -23<sup>rd</sup>



October 29<sup>th</sup> compete or take a pumpkin home for pie.

