

A Trip Around the District - September 10, 2026

Natalia Lopez • 5 hours ago • Thursday, Sep 10 at 4:45 PM • **Orland Unified School District**



A TRIP AROUND THE DISTRICT

Orland Unified School District Weekly Updates



More Than a Meal: Nourishing OUSD Students

What's on the menu at OUSD? More than just a school meal. It's an opportunity for students to try something new, discover new flavors, and fuel their bodies and minds for learning.

Significant effort is made behind the scenes to plan and prepare compliant meals for OUSD students. Our Student Nutrition team considers nutrition requirements, student preferences, food allergies, budgets, food availability, and the right quantities to ensure every student has access to a meal. Each day, our dedicated staff works hard to prepare meals that are safe, nutritious, and appealing to students.

But providing compliant, nutritious meals, free of charge, is only part of the goal.

"Our Student Nutrition program is more than just school lunch because we're helping nourish our students, introducing them to new foods, and creating positive experiences around eating," Cathy Cunningham, our Student Nutrition Manager, shared. "I want every student to feel welcome, enjoy their meals, and have the nutrition they need to learn and succeed."

One of the priorities this school year is continuing to introduce students to new foods and flavors while listening to their feedback. From familiar favorites to creative new combinations, the goal is to keep the menu fresh, fun, nutritious, and something students are excited to eat.

Some of the more unique menu creations students have had the chance to try include: bird dog (a chicken strip, bacon and cheese served in a hot dog bun), along with roasted jicama, pizza totchos, and chicken alfredo flatbread.

Of course, some classics continue to reign supreme. Chicken strips and chicken sandwiches remain student favorites, along with the popcorn chicken bowl, and taco pockets.

Encouraging students to step outside their comfort zone and try something new is an important part of the Student Nutrition program.

Introducing students to a variety of foods can help expand their tastes, expose them to different flavors and cultures, and encourage healthy eating habits. And sometimes, trying something unfamiliar can lead to discovering a new favorite.

The advice for students who may be hesitant to try something new is simple:

"You don't have to love it, but it's always worth giving it a try!"

Students are encouraged to take a small bite, keep an open mind, and give new foods a chance. After all, you never know what you might enjoy until you try it!

Behind every meal is the goal of providing students with the nutrition they need to focus, learn, participate, and succeed. The Student Nutrition team incorporates fresh fruits and vegetables, whole grains, lean proteins, and a variety of flavorful options while also paying attention to student feedback and presentation.

This year, the team hopes to continue providing nutritious and appealing meals, introduce students to new foods, increase participation, reduce food waste, and create a positive experience for every student who walks through the cafeteria doors.

Upcoming Events

9/15/26 - Mill Street Family Literacy

Morning 7:45 am - 8:20 am

9/15/26 - Dual Immersion Parent Cafe

(Fairview Cafeteria) 5:30 pm - 7:00 pm

9/16/26 - Adult English Classes ESL

Information Night (Mill Street Cafeteria) -

6:00 pm - 7:00 pm

9/18/26 - Mill Street's Family Book Fair

Night 5:00 pm - 7:00 pm

9/21/26 - 9/25/26 - Mill Street's Book Fair

9/25/26 - Mill Street Jog-a-Thon

10/1/26 - Fairview Western Night - 5:30

pm

10/2/26 - Mill Street Silent Disco - 6:00

pm - 7:30 pm

10/5/26 - 10/9/26 - Fall Break



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