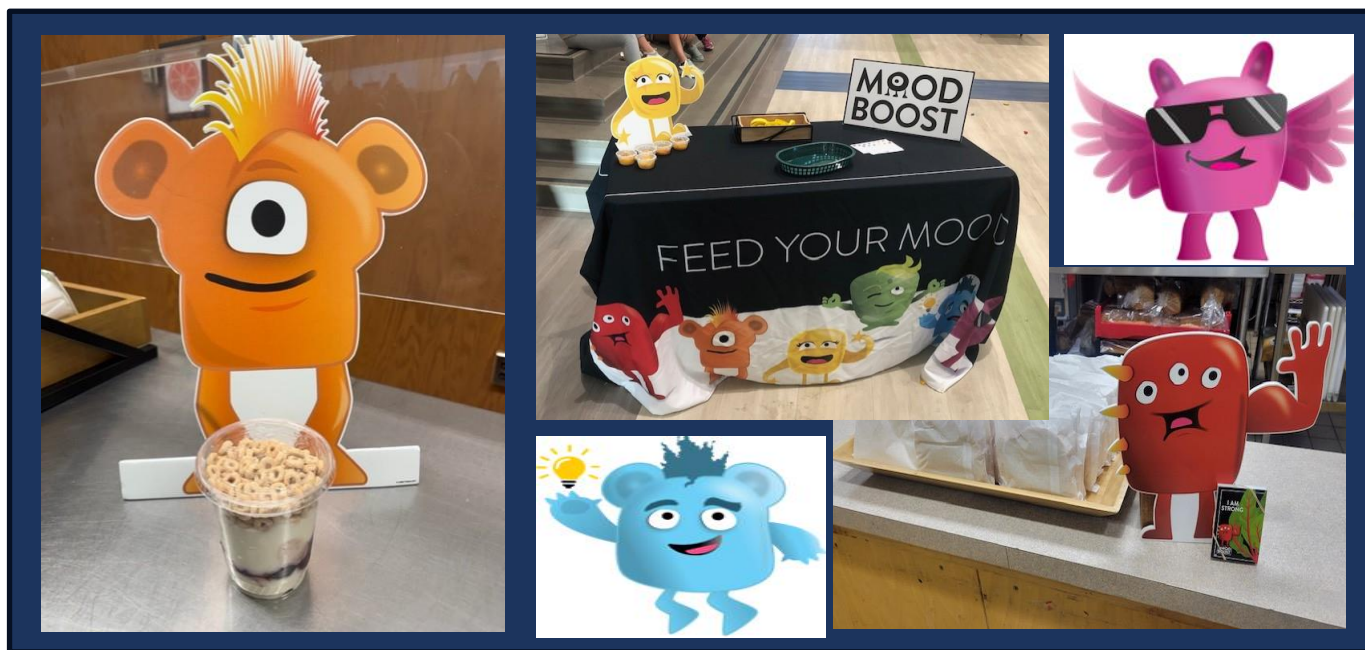




Orinda Union School District Food Services Newsletter

October 2025



The Moodies are Back-To-School

Featuring interactive experiences, delicious new recipes, and take-home activities, Mood Boost helps kids discover the foods that make them feel their personal best. We hope you'll join us in learning more about the foods that can boost your mood! All schools will get to meet **the Moodies**—fun and engaging characters that represent six positive moods:

Strong, Alert, Happy, Calm, Smart, and Confident.

Elementary schools will be introduced to the Moodies this October, transforming your cafeterias into happier, healthier spaces where students can learn about how food affects the way they feel.



Dip'n to Flavor Continues

This fall, students can dive into bold new tastes with *Dip'n to Flavor*!—a limited-time cafeteria promotion inspired by trending TikTok flavors. Featuring craveable, student-approved dips like Honey Buffalo, Korean BBQ, Chimichurri Ranch, and Sriracha Honey Mustard, it's all about dip'n, snack'n, and lov'n! Check NutriSlice for our Spooky, Dip'able menu on Halloween!



DISCOVERY KITCHEN FUN

SEED TO TABLE

This month's Discovery Kitchen theme gives kids an up-close look to see where their food comes from and how it's grown. Seed to Table is all about fresh, seasonal, and local foods. We're proud to support local farms, celebrate seasonality, and help students and families have fun growing their own vegetables and herbs.

Enjoy a taste of Discovery Kitchen at:

Orinda Intermediate School/ October 29th, Lunch /
Lemon Garlic Broccoli



Suntella

Servings: 10

INGREDIENTS

1 cup – Granulated Sugar
2/3 cup – Baking Cocoa
1 cup – 1% Milk Low Fat
2/3 cup – Sunbutter
1 1/3 cup – Vanilla Extract

METHOD

1. Add Sugar and cocoa powder, mix together.
2. Slowly add milk, whisk to combine.
3. Place in saucepan, over medium heat, cook while stirring regularly until milk comes to a boil. Lower heat until simmer. Cook for two minutes.
4. Remove from heat and cool for 5 minutes.
5. Serve and Enjoy!



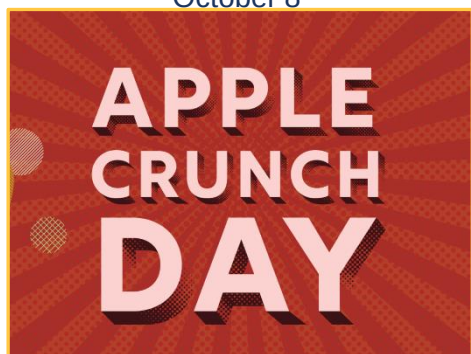
Discovery Kitchen was Sweet!

In September, the Orinda Intermediate Students learned about snacks that are F.I.T.: Fule, Ignite, Thrive. Here's a look at the day and recipe to enjoy making Suntella at home!



FUN DAYS THIS MONTH:

Celebrate Crunch Day with your favorite crunch: Apples, Carrots.
October 8th



This menu is frightfully delicious!.
See what's in store at NutriSlice.



The world is full of pasta-bilities on
Noodle Day, October 6th

