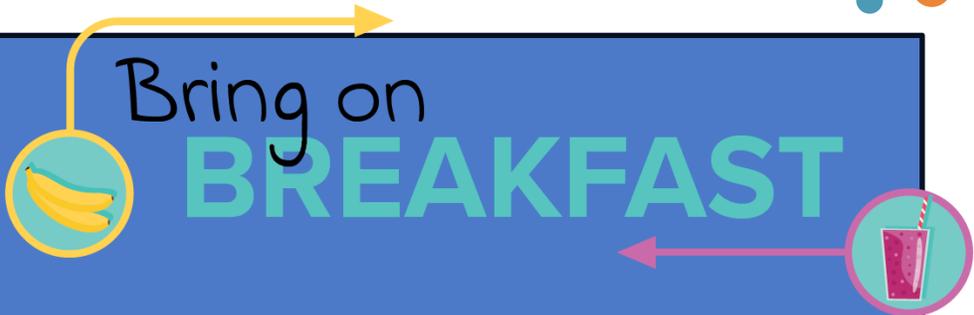




# Orinda Union School District Food Services Newsletter

March 2026



March is Bring on Breakfast month, and we look forward to introducing delicious breakfast options and education about this important meal.

Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences, and better test scores. With **Free School Breakfast and Brunch**, students can taste and learn about what makes a balanced meal and discover creative alternatives that best serve their busy schedules with grab-and-go options and more.

## Celebrating Culture!

In February, students enjoyed a Taste of Italy, including a balsamic vinegar tasting during lunch at OIS. Students learned balsamic uses and what to pair with it!

**Global Eats** is a culinary adventure featuring delicious food from all around the world.

Students love trying new flavors while learning about different cultures.



In honor of **Black History Month** students at all campuses enjoyed a meal to celebrate black culture.



Grab and Go @Bow Wow Chow

**FUN**

Cassandra Dell'Aquila, Chartwells K12  
DIRECTOR OF DINING SERVICES

Lindsey Walker, O.U.S.D.  
FOOD SERVICE COORDINATOR

## Lots to Love about FREE School Lunch

**Healthy Balanced Meals** We oversee what goes on the plate, so you don't have to!

- Tastes great
- Limited sodium
- Lots of delicious fruits, veggies, & chilled 1% milks.

**Power of Choice** with multiple daily options for entrees and sides, kids have the power to choose what they want to eat every day! **Take Back Your Time**, you don't have to clean the lunchbox, leave the meals to us!

Leprechauns won't find Gold here: Extra, Extra Green Fruits and Veggies 3/17



Power up with greens! 🌿 It's Spinach Day, and we're spotlighting this superfood superstar in tasty ways 3/26



**chartwells**  
serving up happy & healthy