

# Orinda Union School District August Nutrition Newsletter

## Welcome to the 2024-2025 School Year!

Together with Chartwells, the Food Service Department is excited to jump into a new school year. We look forward to bringing on happy and healthy as we introduce new menu items and programs around the district. Stay connected to your kitchens through this monthly Newsletter highlighting upcoming events, special days, Cheers Award winners, and more.

**INTRODUCING:** To help students learn what foods may help them feel their personal best, we're excited to launch a new program called **Mood Boost!** Designed by Chartwells K12 chefs and dietitians for elementary students, the Mood Boost program features interactive experiences, tasty new menu features, fun characters, and take-home recipes that focus on six moods: **Strong, Alert, Happy, Calm, Smart, and Confident** and which foods can boost them and why.

### From OUSD Food Service Department

Welcome to your monthly newsletter! As the new school year gets underway, I wanted to take a moment and introduce myself as the Food Services Coordinator for the Orinda Union School District. I couldn't be happier to have the opportunity to work within our community serving nutritious breakfast and lunch options to students every day. Together with Cassandra Dell'Aquila, the Director of Dining Services for Chartwells, we will introduce new menu options, gather feedback, and make other changes to enhance the mealtime experience. I look forward to engaging with the community ensuring a positive dining experience.



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### What's New in your Schools?

Welcome Executive Chef Mellissa Morales Verner  
Chef Melissa will be at your schools training, introduce themed days and menu tastings!



On the go, what's on the Menu?  
NutriSlice is available in App Store (iOS) or Google Play and works on desktop and mobile devices.

Look out for Surveys in September getting input from Parents, Students and client partners.



Be Together, Team Member Spotlight  
Ms. Mayra is now Lead Cook at Orinda Intermediate school. Previously at Wagner Ranch Elementary, congratulations!

chartwells  
serving up happy & healthy