

NUTRITION SERVICES

NEWSLETTER



DEBUT DISH!

Say hello to the Açai Beach Bowl – a breakfast that’s as vibrant as it is wholesome. With a smooth açai base full of antioxidants, layered with bananas, strawberries, and blueberries, and topped with crunchy whole-grain granola, it’s the perfect mix of refreshing and satisfying.



SPOOKY SWEETS, SMART EATS

Spooky season is here! Keep the festive vibes going without the blood sugar spikes. Here are a few simple ways to enjoy Halloween treats while keeping balance in mind:

- Pair candy with a meal. Enjoy it after a balanced plate that includes protein, veggies, fruit, whole grains, and healthy fats.
- Take a walk afterward. Moving your body helps your system use up some of that extra sugar.
- Savor smaller portions. A little sweetness goes a long way – enjoy it mindfully.

HAPPY NATIONAL FARM TO SCHOOL MONTH

OUHSD is lucky to have its very own Farm to School program, dedicated to school garden and nutrition education. The team manages over 5 school gardens and brings hands-on learning to students both in the classroom and in the garden.

They also host free farmers markets for students and their families, offering local, seasonal, and organic produce – completely free! From garden lessons to fresh produce, Farm to School helps students connect with healthy food in fun and meaningful ways.



HARVEST OF THE MONTH

Our biweekly Harvest of the Month features fresh, seasonal, organic, and locally grown produce. This October, grapes are in season – cold, crunchy, and perfectly sweet!

Enjoy a variety of organic grapes in your school cafeteria every Wednesday and Friday this month. Don’t miss the chance to taste the season’s best!



Follow us on Instagram @ouhsdnutrition

This institution is an equal opportunity provider.

