

Our Secret Ingredient

Pam Smyth has been bringing her dedication and energy to the Central Bucks cafeterias since 2001. Starting out at Groveland Elementary, she quickly proved her talent and drive, working her way up from school lead to a key role in administration. Pam's like a finely-tuned engine, ensuring every detail is perfect and operations run smoothly. And if you need a hand? Pam's your person! She's always there to help and loves nothing more than collaborating with her team to tackle any challenge.



Let's Get Social

Get your daily dose of deliciousness! Follow us on Instagram for food pics, fun content, and healthy eating tips. @AramarkCBSD or Scan the QR code below.



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A Home Run

Central Bucks cafeterias got into the Phillies Home Opener spirit in a big way! Staff members showed their team pride by wearing Phillies gear, and students enjoyed a special menu featuring classic ballpark fare, including hot dogs, curly fries, and other tasty treats.



Don't Miss Out

Taste the Tropics: The Mojo Chicken Bowl brings a taste of the Caribbean to your lunch from May 12th – 16th! Enjoy tender mojo chicken, fluffy rice, charro beans, cheese, and plantains, all brightened by a squeeze of lime. Make sure to get it before it's gone.



Work That Works for You

Join our awesome team! We're hiring Food Service, Cooks & More. Great hours (no nights or weekends!), flexible schedules, benefits & PTO. Full & part-time available. Scan the QR Code to apply.



Nutrition & Cognition

What you eat impacts how well your brain functions. A balanced diet sharpens focus, boosts memory, and enhances cognitive abilities. Your brain uses 20% of your daily calories, so food quality is key.

- **The Brain Needs Energy:** The right foods provide sustained power.
- **Mediterranean Diet Benefits:** Improves memory and cognitive flexibility.
- **Balanced Meals are Key:** Include protein, complex carbs, fruits, and vegetables.
- **Top Brain Foods:** Fatty fish, berries, leafy greens, nuts, and seeds.
- **Lifestyle Factors Matter:** Hydration, sleep, activity, and stress management are important.

There are a lot of great ideas and facts in the article to read for a healthier lifestyle.



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