



# Guide to Student Nutrition

for the 2025 -2026 School Year



Powering potential.™

# Our Commitment to Your School

At Aramark Student Nutrition, we are more than a meal service provider, we are your partner in powering student success. We aim to work alongside school leaders to create an engaging meal experience that meets nutritional standards while reflecting the unique needs of your school community.



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**We partner with schools to create culinary experiences that propel students to success.**



This institution is an equal opportunity employer.

# BREAKFAST AFTER THE BELL

Busy mornings happen —whether students are running late, participate in morning tutoring or athletics or just not hungry first thing.

Breakfast after the bell gives students a second chance to get breakfast. A shot at starting the day right, with quick, healthy options available until 9:00 am.

How it works:

- A student will need a pass from their instructor or nurse. They can come to the cafeteria anytime before 9:00 and receive a meal
- Fast, portable meals that fit your schedule
- Helps you stay focused, energized, and ready to take on the day

Why it's smart:

- Supports better concentration and performance in class
- Fits the pace of a typical high school morning
- Makes sure no one misses out on the most important meal of the day

**No lines. No pressure. Just good food, when you need it.**

## Late to School?

No worries, we can have nonperishable breakfasts ready anytime

## Not feeling well?

Sometimes it's hunger pains, we got them covered

**Questions? Contact an Aramark Student Nutrition Team Member.**

# School Food Never Looked This Good!

Food has the power to fuel a great day. When students have access to meals that are nutritious, flavorful, and made with care, they're better equipped to learn, grow, and thrive.

That's why we offer rotating, seasonal menus with fresh ingredients, global flavors, and limited-time options, so there's always something new to try and something nourishing to count on.



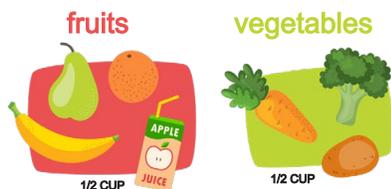
Questions? Contact an Aramark Student Nutrition Team Member.

# What makes a meal?

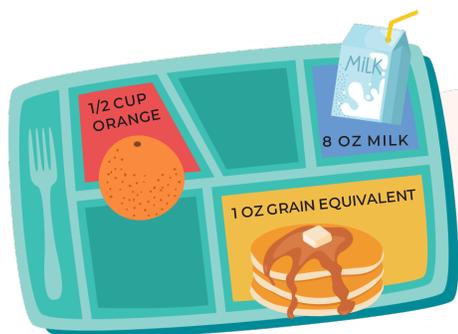
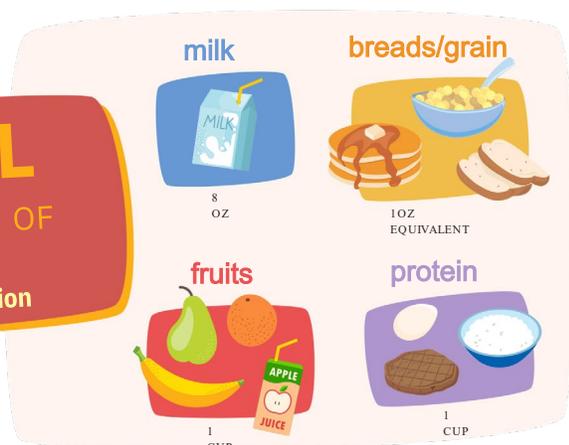
According to USDA guidelines, a reimbursable school meal must include specific components: fruits, vegetables, whole grains, lean protein, and milk. Students must select at least three of these five components, and one must be a fruit or vegetable. This structure ensures that every meal served is balanced, nutritious, and aligned with the Dietary Guidelines for Americans.

## REIMBURSABLE MEAL Breakfast

**STUDENTS**  
must select a minimum of  
1/2 CUP OF  
**FRUIT OR VEG**



**+**  
**2 FULL**  
**SERVINGS OF**  
ANY OF THESE  
ITEMS  
In any combination



**Sample  
Breakfast**

## How Offer vs Serve Works

Offer Versus Serve (OVS) is a meal service option in the National School Lunch Program (NSLP) that allows students to decline some food items offered, while still receiving a reimbursable meal. The primary goal of OVS is to reduce food waste and allow students to choose the foods they prefer, leading to higher consumption.

### Offer:

Students are offered a variety of food items from different food components (e.g., fruits, vegetables, grains, meat/meat alternates, milk).

### Serve:

Students must select at least three food items, with at least one serving of fruit or vegetable. They can decline the remaining food items, as long as they meet the minimum requirements for the reimbursable meal.

**Example** : Students are not required to take a milk.

# Build Your Own Lunch

# Crea tu propio almuerzo

IT'S EASY!

¡ES FÁCIL!

CHOOSE

ELIGE

AT LEAST  
**1/2 cup** **2 FRUIT** or  
**VEGETABLE**

POR LO MENOS  
**1/2 cup** **2 FRUTA** o  
**VERDURA**



**2 OTHER FOODS**

**2 ALIMENTOS ADICIONALES**

TO MAKE A MEAL  
PARA COMPLETAR  
UNA COMIDA



\*Extra servings of the same food or 6 or more foods will result in an additional charge.

\*Hay un costo adicional por raciones adicionales del mismo alimento o por 6 o más alimentos.



aramark  
STUDENT NUTRITION

\*1 Fruit or Vegetable equals a 1/2 cup. \*1 Fruta o Vegetal equivale a 1/2 taza.

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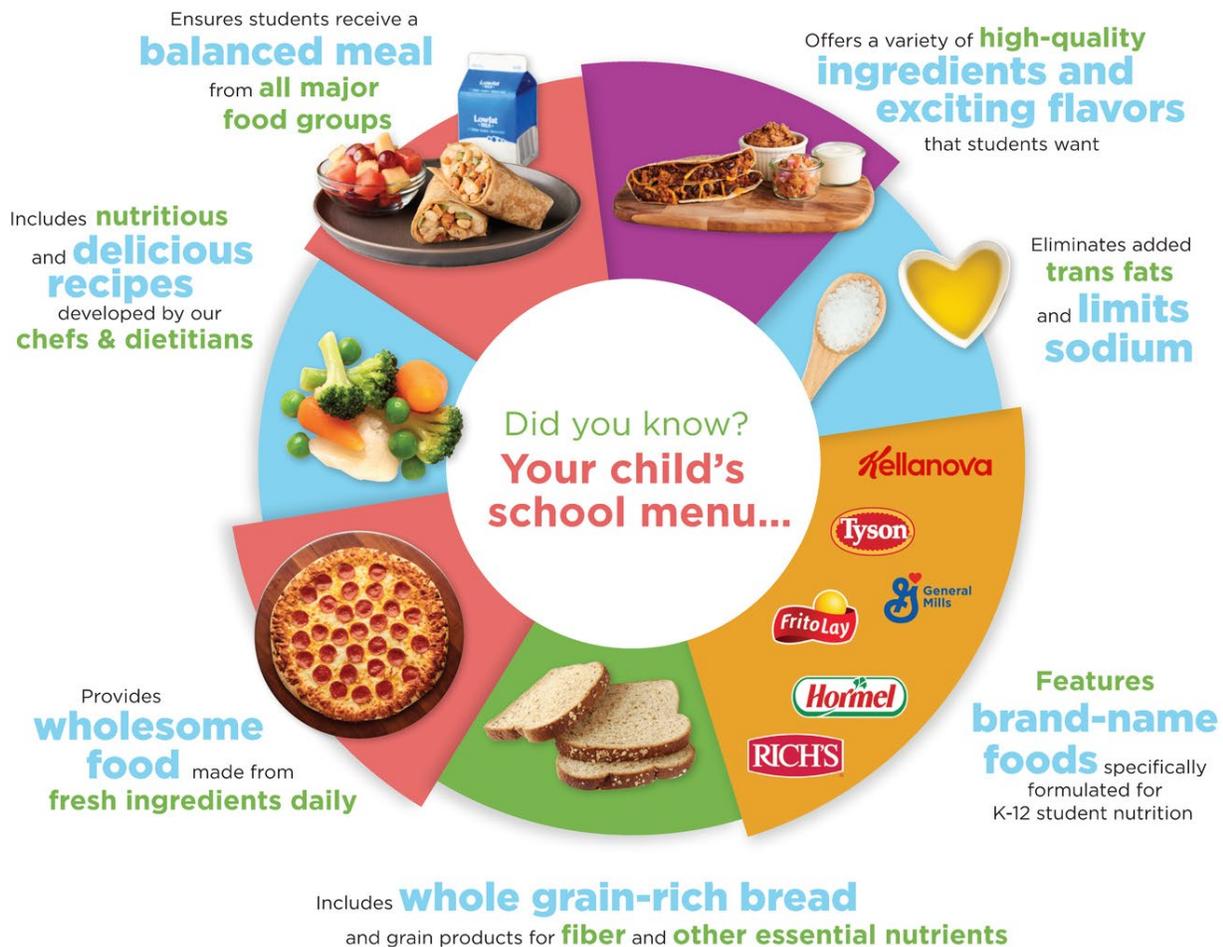
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# We are Foodies. Creating Future Foodies.

Kids today are savvy about their food choices.



That's why our recipes are invented by chefs in our Culinary Alliance. - our partnership with over 60 professional chefs who believe that school food should be quick, nutritious, and taste really good.



Our alliance chefs spend hours in the kitchen, innovating with ingredients and developing recipes we know your students will love! They also work with companies that your students' families know and trust to serve the highest quality products, many specially formulated to meet the K -12 school standard.

# Nourishing Students, Meeting Standards

We're proud to serve meals that do more than just taste good —they meet rigorous federal and state nutritional standards designed to support student health and academic success. Our school food program is fully aligned with USDA guidelines, ensuring every meal includes the right balance of fruits, vegetables, whole grains, lean proteins, and low fat dairy.

We're committed to compliance and transparency. From portion sizes to sodium limits, every detail matters —and we've got it covered. You can feel confident knowing your school is serving meals that are not only kid approved but also nutritionist -approved.

Work directly with food production partners to

## set new industry standards

### for healthier foods,

by requiring that all key products meet our standards to reduce or eliminate fats, salt and sugars and to add whole grains when possible.



Incorporate wholesome, natural ingredients and

## source foods rich in fiber and essential vitamins and minerals,

like whole-grain breads, pastas and cereals, fresh fruits and vegetables (local when available); low-fat or non-fat milk; other reduced-fat dairy options; and lean, low-fat chicken, beef and fish.



## Source safe and high-quality foods

including poultry raised without hormones and with only humane use of antibiotics; foods with no added trans fats; and sustainably



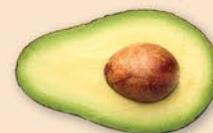
## Use minimally processed foods

and avoid foods with artificial sweeteners and high fructose corn syrup wherever possible.

Use products and cooking methods that

## conserve food quality and nutrients

while limiting addition of fats and eliminating frying.



# Special Diets

Many students today must follow strict dietary restrictions, whether due to personal preferences, religious beliefs, or a choice to reduce or eliminate meat from their diets. We offer a wide variety of options each day to ensure they can find meals they enjoy, prepared in a way that aligns with their needs.

## Supporting Students with Food Allergies

- 1 in 13 school -aged children are affected by food allergies, making safety and inclusion a top priority.
- Aramark Student Nutrition is committed to creating a **safe, inclusive dining environment** through proactive planning and communication.
- We implement a **School Allergen Readiness Plan (SARP)** to support students with food allergies and keep school teams informed.
- Our food service managers are trained through **AllerTrain® K12**, a leading program focused on food allergy and gluten -free safety in K -12 settings.
- This training ensures **standardized allergen awareness** and equips our teams with clear protocols for ingredient questions and allergy -related incidents.

**We are eager work closely with school staff and families to ensure every student feels safe, supported, and included at mealtime.**

### Collaboration is key.

School Nurses regularly review and update 504 Plans and communicate any changes in student needs.



We also encourage direct conversations with parents or guardians of students with food allergies or special dietary requests. This partnership helps us plan safely and serve every student with confidence

**Questions? Contact an Aramark Student Nutrition Team Member.**

# A la Carte & Smart Snacks



All of the products sold in your schools have been specially formulated to meet the USDA Smart Snacks rule.

Your student nutrition program will offer A la carte options at lunch.  
A la carte items follow the Smart Snacks in School Rule.

The Smart Snacks in School Rule, effective July 1, 2014, mandates that all foods and beverages sold to students meals meet specific nutrition standards. This applies to items from vending machines, school stores, snack carts, and fundraisers during school hours. The goal is to promote healthier snack choices, such as granola bars and fruit cups, enhancing students' well-being and academic performance. Notably, the rule excludes treats from home and concession stands at after-school events.

## The following are A La Carte Options Available at your school:

Assorted Whole Grain Baked Chips and Snacks  
Assorted Novelty Ice Cream  
Assorted Fat Free cookies  
Bottled Water

### **For a full list of Allowable Snacks**

please click on the link below

John Stalker Institute A List Snacks

<https://tools.johnstalkerinstitute.org/alist/alist.pdf>

\*Snacks offered in schools meet stricter guidelines than what  
You can buy at a grocery store

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