aramark STUDENT NUTRITION

• November 2025 •
Nutrition Newsletter

Happy November! This month is filled with fall vibes, family time, football, and fabulous foods! What do you look forward to most during this time of the year? This month, keep your eye out for a new Limited Time Offer and the district-wide Friendsgiving Meal!

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Aim for a Nourishing November

When you think of November, what comes to your mind? Maybe it's the crisp fall air, maybe it's the comforting and ever-changing colors of the season, or maybe it's the bounty of food and fresh fall flavors. This is the perfect time of year to get creative in the kitchen and prepare nutritious and delicious meals to feed your loved ones. With the bounty of produce available this time of year, (think pumpkins, all varieties of squash, root vegetables), the possibilities are endless! From savory to sweet, crispy to creamy, you can never run out of fresh ideas for dishes to make. What are some of your favorites?

Not only are fall dishes full of flavor, but many are loaded with a variety of good-for-you nutrients. Check out below to see how some of your fall favorites are fueling your body this season:

Pumpkin – Loaded with Vitamin A! Great for eye health, immunity, and skin. Also rich in Vitamin C, potassium, magnesium, and zinc.

Sweet Potatoes – Like pumpkin, sweet potatoes are rich in Vitamin A! They are packed with fiber which promotes good digestive health and helps regulate blood sugar levels. Also rich in antioxidants!

Acorn Squash – Rich in Vitamins A & C, potassium, magnesium, manganese, and fiber! Good for eye, heart, bone, skin, and blood health!

Brussels Sprouts – These gems are rich in Vitamin K which plays an essential role in blood clotting and bone health. They are also rich in folate, Vitamin C, potassium, and manganese.

November Is Diabetes Awareness Month

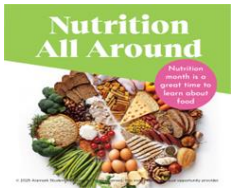
Diabetes Awareness Month takes place throughout the month of November. Diabetes is a health condition that affects how the body processes and turns food into energy. There are 3 main types of diabetes which include Type 1, Type 2, and Gestational Diabetes. Gestational diabetes is the kind that can develop during pregnancy. While there is not yet a cure for diabetes, there are lifestyle habits that can help such as making healthy food choices, taking medicine as prescribed if needed, staying active, going to routine health care appointments, and getting diabetes education and support. To learn more about diabetes awareness and education, visit websites such as diabetes.org or the CDC.

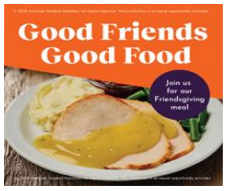
November 2025 Limited Time Offer & Promotions

This month's LTO is a **Gochujang Hot Honey Chicken Sandwich**. On this sandwich, you will find the tasty combination of a crispy, premium chicken filet dipped in Korean hot honey, topped with a pickle on a whole grain bun. Look for it the week of 11/10 – 11/14!

Special Event Promotions:

-Nutrition Month – All month!
-National Cider Day 11/18
-Friendsgiving Meal 11/20





Roasted Brussels Sprouts with Honey Sriracha Glaze

Ingredients:

- 1 lb Brussels sprouts cleaned and trimmed
- 1 Tbsp vegetable oil
- 1 tsp kosher salt
- 1/4 cup clover honey
- 1 Tbsp LAWRYS® Sriracha Wings Seasoning Mix

Instructions:

- Preheat oven to 350°F. Wash Brussels sprouts and cut in half lengthwise.
- In a medium bowl, toss the Brussels sprouts, vegetable oil, and salt.
- Place on a sheet tray and roast in the oven for 20 minutes, stirring halfway through.
- In a small bowl, mix together the honey and seasoning.
- Place the roasted Brussels sprouts in a bowl and drizzle the honey glaze over the top. Serve immediately or hot hold until service.

Recipe from www.fyp365.com