

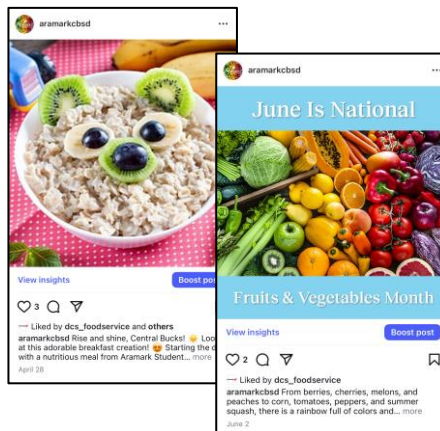
Our Secret Ingredient

We'd like to shine a spotlight on Madison Hreshko, a valued member of our team at Unami Middle School! For over four years, Madison has been a hard-working and kind presence in the cafeteria. A true team player, she loves the collaboration and camaraderie that comes with working with her colleagues. When she's not serving up delicious meals, Madison enjoys bike riding, drawing, and spending quality time with her family. We are so lucky to have her!



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 Healthy Start

We are excited to share that all elementary and middle school students can enjoy a nutritious breakfast for free every day! A healthy breakfast is the perfect way to start the school day, providing the energy students need to focus and learn. Here's how a school breakfast helps:

Fuels Brains: School breakfasts are designed to meet national nutrition standards, providing essential nutrients that support concentration and academic performance.

A Healthy Start: We offer a variety of balanced items, including whole grains, fruits, and low-fat dairy, to ensure a well-rounded and delicious first meal of the day.

Sets a Healthy Tone: Starting the day with a balanced meal helps establish healthy eating habits that can last a lifetime..

We can't wait to see your students in the cafeteria!

Free Breakfast Every School Day



Don't Miss Out

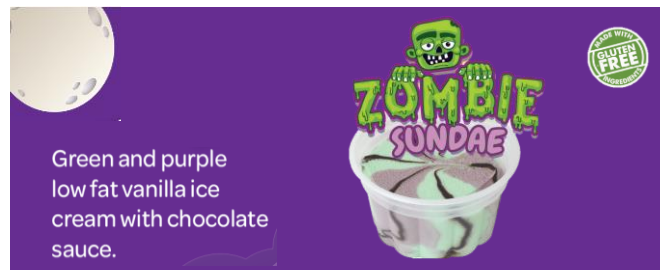
Get ready to warm up with our new limited-time offer! Our Sausage & Cheesy Potato Soup is a rich and creamy chowder packed with smoked sausage, potatoes, and a blend of savory carrots, celery, and onions. The best part? It comes with a soft pretzel for dipping! This cozy comfort food is only available from **October 13-17**, so don't miss out!

Sausage & Cheesy Potato Soup



Sweet & Scary

Get ready for a spooky-good treat! This October, we're serving up a chilling new Smart Snack: the Zombie Sundae! This limited-time seasonal delight features a delicious base of green and purple low-fat vanilla ice cream, swirled with rich chocolate sauce. It's the perfect way to get into the Halloween spirit while still making a smart choice. Don't let this spooktacular special pass you by—it's only here for a limited time!



Back to School Doesn't Have to Break the Bank

Great news, parents! Did you know that opting for a school lunch is not only a healthy choice but also a smart financial one? A recent report by Deloitte found that the cost of packed lunches is on the rise, making school meals an even better value for your family. Here are some key takeaways:

- **Cost Savings:** The average packed lunch now costs about \$6.15 per day, which is significantly more than the average school cafeteria meal at just \$2.99 per meal.
- **Nutritional Value:** School lunches are designed to meet federal nutrition standards, ensuring your child receives a well-balanced meal that includes the right amount of fruits, vegetables, and other essential nutrients to help them learn and grow.
- **Convenience:** Choosing a school lunch saves you time and effort in planning, grocery shopping, and meal preparation every morning.



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