

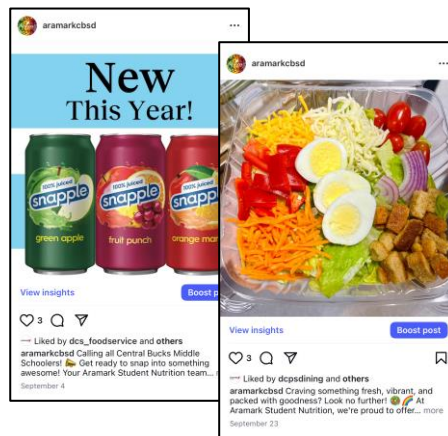
Our Secret Ingredient

We are thrilled to shine a spotlight on one of our fantastic team members at CB West, TJ Fox! TJ is the ultimate team player—a dedicated, friendly, and hard-working employee who is always willing to take on any task. He's incredibly flexible and learns new things quickly, making him an invaluable part of our cafeteria staff. TJ truly loves his team here and appreciates the experience he's gaining at CB West. We are lucky to have his energy and dedication on our team.



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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ACE's Birthday

We had a super fun day celebrating ACE's birthday! 🎉

ACE, our favorite character who helps us teach elementary students all about healthy eating, got the party treatment!

We had fantastic giveaways, including cool chef's hats, fun ACE comics, and brand-new ACE coloring books. It was great seeing so many smiles as students learned more about making nutritious choices!

Happy Birthday, ACE!



Don't Miss Out

We are dropping our monthly Limited Time Offer, and it's a game-changer: the Gochujang Hot Honey Chicken Sandwich! It's only here from **November 10th - 14th**, so mark your calendars. What is it? It's a crispy, premium chicken filet that takes a luxurious dip in a sweet-and-spicy Korean hot honey glaze, topped with a cool pickle, and served on a whole-grain bun. It's the perfect mix of sweet heat and crunch. Don't miss out!

Gochujang Hot Honey Chicken Sandwich



A Sweet Winter Treat

It's time for some holiday cheer! 🎄 **For a limited time** this winter season, we're bringing in a festive favorite: Low-Fat Sugar Cookie Ice Cream! This cool treat is packed with all the delicious flavor of a classic sugar cookie and topped with bright rainbow sprinkles. It's the perfect way to celebrate the holidays, in your school cafeteria. Get yours while supplies last—it won't be here for long!



Omega-3s: The "Good Fat"

Omega-3s are everywhere, but do you know what they actually do for your body? This month, we're sharing expert insight from a registered dietitian and chef about this essential nutrient. Eating more Omega-3s is easier (and tastier!) than you think. Check out the full article on FYP365.com to learn more about how to incorporate these "good fats" into your diet! Here's why you should care about Omega-3s:

- **Heart Health:** Omega-3s are most strongly proven to lower triglycerides, which reduces the risk of heart disease and stroke.
- **Brain Power:** They support brain health and cognitive function, which is essential for success in school.
- **Easy Sources:** You can find Omega-3s in both animal sources (like salmon and mackerel) and easy-to-add plant sources (like walnuts, chia seeds, and flaxseed oil).
- **Food First:** Experts recommend getting your Omega-3s through whole foods first, as they provide fiber and other essential nutrients beyond just the healthy fat.

Read the full article: Omega-3s – Ask the Expert



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