

December 2025

## Our Secret Ingredient

We're delighted to spotlight Chris Stanley, the lead at Gayman Elementary and a dedicated member of the Central Bucks team for over 3 years! Chris is an invaluable asset to the cafeteria, bringing a positive attitude and deep commitment to her work. She genuinely loves working with the students and enjoys the creativity involved in cooking the daily meals. Known for her friendly approach, Chris is fantastic at customer service, ensuring every student at Gayman feels welcome.



## 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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## Free School Breakfast Every Day!

Did you know that breakfast is free in elementary and middle school cafeterias, for all students, every day?

Free School Breakfast Facts:

- **Fruit Every Day:** Every breakfast comes with a serving of fresh fruit
- **More Whole Grains:** School lunches must meet strict standards to ensure all grains offered are whole grains
- **Smarter Protein Choices:** Lean protein sources are a must
- **Lower Sodium Targets:** Meal requirements have been implemented to reduce sodium content in school meals, promoting heart health.
- **Fat and Calorie Limits:** Meals must fall within specific calorie ranges based on the students' grade level, and they must limit saturated and trans fats.
- **Healthier Students:** Studies show children who eat a healthy breakfast are less absent or tardy, perform better on tests, participate in class more often, and have better concentration.



**Pro Tip:** Shelf-stable free breakfast items can be saved for a snack later in the day!



## Don't Miss Out

Get ready for our major flavor event running from **December 15th to 19th**: the arrival of the incredible Jalapeño Popper Burger LTO! This burger is an explosion of flavor—a juicy patty topped with our fresh, scratch-made jalapeño cream cheese spread, rich cheddar, bacon, a hint of garlic, and crisp green onion. It's the perfect combination of creamy, spicy, and satisfyingly cheesy comfort food to power you through the end of the semester. Don't miss this limited-time special!

### Jalapeño Popper Burger



## Eat Well, Be Well Month

We're making December the most flavorful and nourishing month yet! We're spotlighting two delicious features: The Power of the Earth: Hearty, nutrient-packed root vegetables (like sweet potatoes and carrots) for winter energy. A Taste of the Tropics: Vibrant exotic fruits that bring essential vitamins and sunshine to your plate! Eating well fuels you to finish the year strong.

### Eat Well, Be Well



Eat well with  
Root Vegetable  
& Exotic Fruit  
Month

## Food for Function: Bone Health

Bone health isn't just an issue for older adults; it's a critical focus for students! According to Registered Dietitian Serwa Sample-Adams, your bones reach their maximum strength and density (peak bone mass) before the age of 30. The "deposits" you make now—through nutrition and activity—create a reserve that protects you for life. Strong bones require much more than just calcium; they rely on a whole system of nutrients and healthy habits working together.

- **Calcium is Key, But Not the Only Star:** Adults need 1,000–1,200 mg of calcium daily. However, Vitamin D (for absorption), Protein (for structure), and minerals like Magnesium and Vitamin K2 are also essential partners in building strong bones.
- **Best Foods for Bones:** Prioritize dairy, fortified plant milks, leafy greens (like kale), nuts, seeds, and certain fish (like salmon).
- **The Power of Movement:** Weight-bearing exercises (like walking or running) and resistance training (like lifting weights or bodyweight squats) signal bones to grow denser and stronger. Aim for resistance training 2-3 times per week.

Read the full article: Food for Function: Bone Health



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