Food For Thought

Your newsletter from Aramark Student Nutrition

January 2026

Happy, Healthy New Year

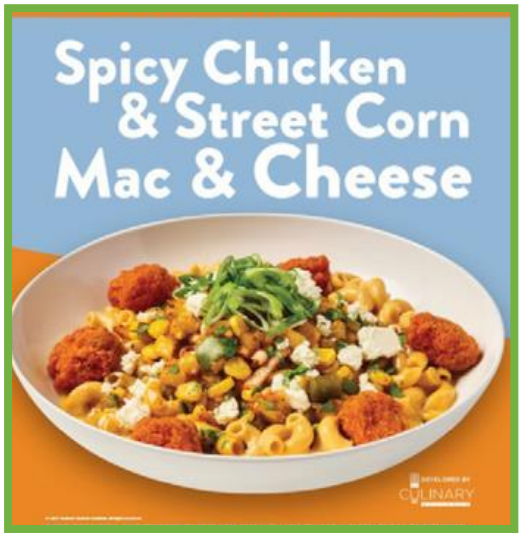
A new year means new opportunities for students to shine!

January is the perfect time to set big goals and fuel up for success. With fresh starts and new opportunities ahead, healthy choices can make all the difference in powering energy, focus, and confidence.

We're proud to serve meals that do more than taste great, they help students feel their best and stay on track for an amazing year. Every bite counts toward powering potential and building habits that last.

What's on the menu?

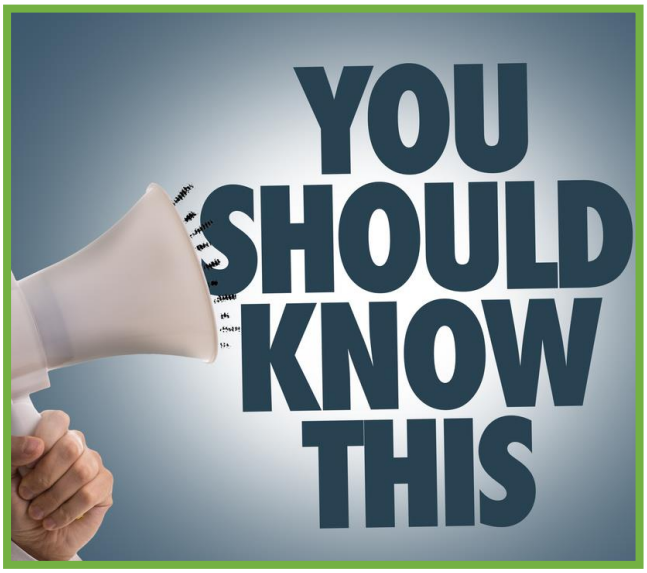
aramark STUDENT NUTRITION



January's Limited-Time Offer!

Cold days call for cozy comfort, and we've got just the thing. January's Limited Time Offer brings together creamy mac & cheese, zesty street corn, and a kick of spicy chicken for a dish that's warm, wonderful, full of flavor and nutritious too. Students are going to love this ultimate comfort food with a twist, perfect for powering potential all day long.

This flavor-packed favorite is will only be available for a limited time, so remind your students to give it a try!



What's Behind the Menu?

The USDA sets nutrition standards to make sure school meals are healthy and balanced, and we follow them every day! These guidelines focus on smart changes like **more whole grains**, **less salt**, and **less sugar** to help students build lifelong healthy habits.

Students might notice that some of their favorite foods taste a little different at school. That's because we prepare them to meet these healthy standards while still keeping them delicious and fun. We serve foods kids love, inspired by their favorite restaurants, but with **better-for-you** ingredients that fuel learning and well-being.

At Aramark Student Nutrition, we proudly meet all USDA guidelines because we know that every bite counts toward powering potential!

Watch for...

National Milk Day - 1/9

Hot & Spicy Foods Day - 1/16

Family Fit Lifestyle Month All Month Long!

Wellness Corner

Celebrate Family Fit Lifestyle Month! January is the perfect time to focus on healthy habits, and it's even better when families do it together!

Family Fit Lifestyle Month is all about making wellness a priority, from staying active to enjoying balanced meals that fuel energy and fun. Small steps make a big difference: take a walk after dinner, try a new healthy recipe, or set a family goal for more movement each day.

We're proud to support students with nutritious meals that help power their potential during the school day, because healthy habits at school can ripple out to home. Here's to a month of fitness, family, and feeling great!