

January 2026

Our Secret Ingredient

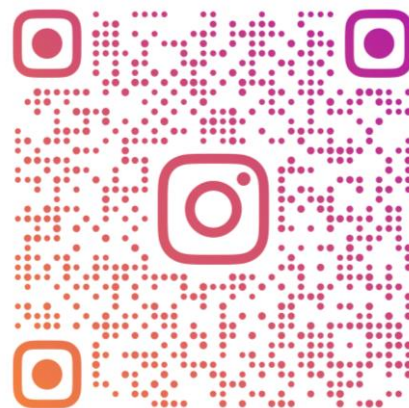
We are thrilled to shine the spotlight on Susan Barbera! Susan is a fantastic member of our team, currently serving at Tamanend Middle School. She has been dedicated to our students for 3 years, having started her journey with us at Butler Elementary! Susan is the definition of a hard worker. She is incredibly friendly and always has a smile on her face, making everyone's day brighter. She absolutely loves working with the students, her team, and everyone else in the school community.



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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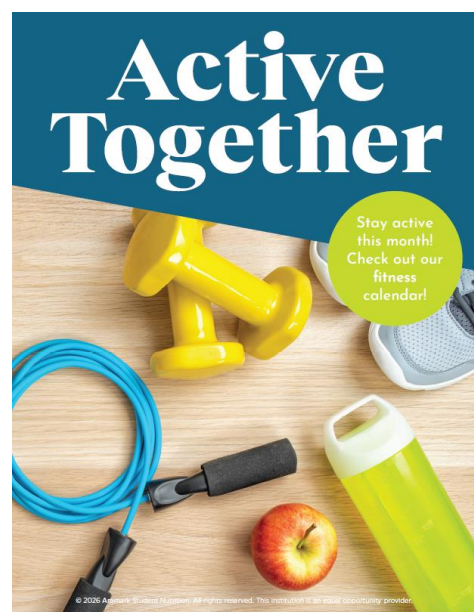
Welcome to Wellness: It's Family Fit Month!

This January, we are thrilled to announce our special focus theme: Family Fit Lifestyle Month! As we kick off the new year, we're dedicated to sharing practical and fun ways for your whole family to incorporate healthy movement and good nutrition into your daily routines.

Need a sneak peek at the tips? We'll be sharing strategies like:

- **The 60-Minute Challenge:** How to ensure kids get the full hour of activity they need daily for better brain health and focus.
- **Active Modeling:** Why putting down your phone and joining your kids on the monkey bars is the best way to encourage fitness.
- **Smart Swaps:** Simple ways to lighten up comfort foods at home without sacrificing flavor.

Be sure to follow our Instagram page (@AramarkCBSD) and look for special signage and tips right here in our cafeterias all month long! Let's make 2026 the year we all feel our best!



Don't Miss Out

Warm up during this cold January! Our LTO is here for one week only, **January 12th-16th!** This gourmet comfort food mash-up features creamy macaroni and cheese loaded with roasted corn, crunchy spicy popcorn chicken, crumbled feta, green onions, and a zesty drizzle of Sriracha Ranch. Don't miss this incredible combination of flavor and heat!

Spicy Chicken & Street Corn Mac & Cheese



Winter Fun

Our Elementary Schools celebrated the season with an adorable and delicious **Snowman Pancake** lunch! Our chefs got creative, turning fluffy pancakes into friendly snowmen complete with blueberry and chocolate chip eyes and buttons, a crispy bacon scarf, and pretzel sticks for arms—all standing in a snowy pile of mini marshmallows! It was a perfect, festive, and tasty way to have some winter fun!



Comfort Food Health Hacks

We all love comfort food—it reminds us of home, holidays, and cozy nights! But those classic dishes are often loaded with creamy, rich ingredients that aren't always the best for our long-term health. The great news is you don't have to give up your favorites!

Here are a few quick takeaways:

- **Deconstruct Your Dishes:** For items like Chicken Pot Pie, skip the bottom crust and focus on adding a fun, light topping like a small biscuit or cornbread "hat" instead.
- **Swap Your Saturated Fats:** Use leaner options like ground turkey or mushrooms instead of ground beef in meatloaf and chili, and try using heart-healthy olive oil or plant-based margarine in your cooking.
- **Boost the Volume:** Add fiber and nutrients to your sides by swapping in riced cauliflower or pureed white beans for some of the starch in mashed potatoes or creamy soups.
- **Rethink Toppings:** Swap sour cream for Greek yogurt (it's creamier and protein-packed!) and try homemade fruit compotes instead of maple syrup on pancakes.



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