

Food For Thought



Your newsletter from Aramark Student Nutrition

February 2026

Fuel the Fun This Month!

February is all about heart, hustle, and high fives! From Valentine's Day love to Big Game cheers and celebrating International Friendship Month, this month is packed with excitement.

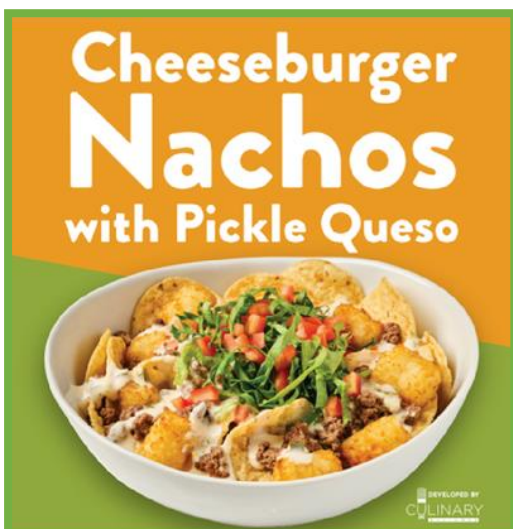
Want to keep the fun going strong? School meals are the easiest way to fuel up with healthy, tasty meals that power energy, focus, and confidence—because we're all about Powering Potential. Every bite helps students feel their best and shine all month long!



This Month's Limited-Time Offer: Cheeseburger Nachos with Pickle Queso!

If your child could design their dream bowl, we bet these flavors would make the cut! This February, we're bringing the fun to school lunch with crispy tortilla chips, seasoned beef, melty cheese, and a tangy pickle queso that takes it over the top.

It's bold, crave-worthy, and only here for a short time. Encourage your student to give it a try and enjoy a flavor experience that feels like their favorite restaurant—because we're all about Powering Potential!



What's Behind the Menu?

Students love choices... and we've got plenty! From fresh, scratch-focused meals to grab-and-go favorites, our menus are packed with flavor and variety.

We start with wholesome, fresh ingredients and use top products from brands your family knows and trusts—because quality matters.

Craving a hearty entrée? Want a quick cereal cup or a snack? It's all specially made for schools and meets strict USDA nutrition guidelines. Freshness, fun, and trusted quality come together to make lunch something students look forward to every day.

Fresh. Familiar. Kid-Approved.



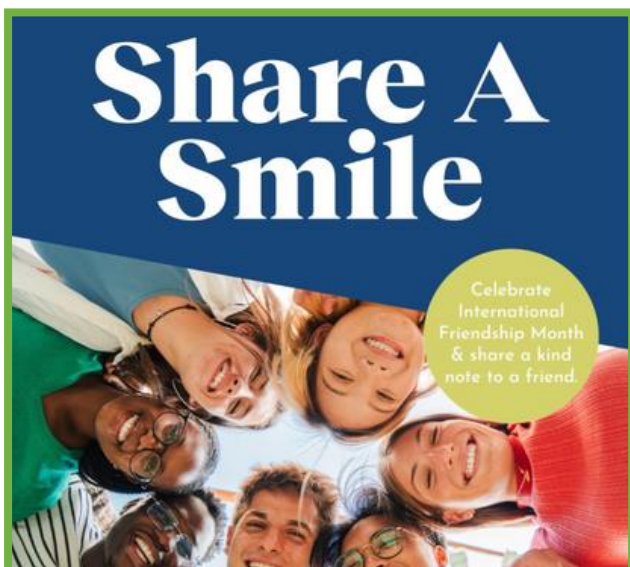
Watch for...



Look out for featured menu items that will Celebrate National Strawberry Day!



Wyoming Valley West High School has been awarded free MooLatte equipment from the American Dairy Association. Starting in the last week of February, MooLatte's will be offered twice a week as an option with breakfast with every student's meal at the High School.



Wellness Corner

February is Friendship Month, and we're excited to celebrate the power of connection in our schools!

Friendships help students feel supported, included, and confident. And where do those connections often happen? In the cafeteria - over a meal, a laugh, and a shared moment.

This month, we'll encourage activities that bring students together, spark kindness, and create a sense of belonging. When kids feel connected, they thrive - not just in the classroom, or the lunchroom, but in life.

Let's make this month all about friendship, fun, and lifting each other up!