

Food For Thought



Your newsletter from Aramark Student Nutrition

March 2026

Marching Into March with Healthy Nutrition!

March is here, and we're jumping into a month packed with nutritious and delicious fun! With National Nutrition Month and Veggie Month getting underway, we're excited to shine a spotlight on the colorful, tasty foods that help students stay fueled and focused. We're also gearing up for National School Breakfast Week, a great reminder that a wholesome breakfast can set the tone for a brighter, smoother morning. Our team can't wait to serve meals that make kids smile and help parents feel great about what's on the tray.



What's on the menu?



This Month's Limited-Time Offer: Sweet Heat Chorizo Empanada

Get ready for a little flavor adventure this month! Our Sweet Heat Chorizo Empanada brings the perfect mix of sweet, spicy, and "wow, that's good." We start with a warm, flaky biscuit crust tossed in a cozy blend of cinnamon, sugar, and just a hint of cayenne. Inside, kids will find a tasty combo of spicy turkey chorizo and melty shredded cheese - all served with a cool, zesty lime crema to balance the heat. It's fun, flavorful, and only here for a short time... so be on the lookout!



Rise & Shine for National School Breakfast Week!

National School Breakfast Week is a great reminder that a school breakfast supports your child's day and makes mornings easier for families. Students get a healthy, energizing meal to help them stay focused, and parents get one less thing to prepare.

Every breakfast we serve meets USDA nutrition guidelines, which means options that are lower in sugar and sodium and always include whole-grain goodness. It's a simple, reliable way to ensure students start the day fueled and ready to learn.

If your child hasn't tried school breakfast yet, this week is a great time to give breakfast a try and enjoy a fresh, easy start to the day.



Watch for...

New Menu Items

Grilled Chicken Pesto Panini-HS

Hummas Platter-HS

Grilled Chicken Sandwich- Elementary

Chicken Parm Sandwich-All Schools



Flavor is Growing

Fresh flavors coming for Veggie Month.



Wellness Corner

This month we're celebrating Veggie Month and National Nutrition Month, two themes that go hand in hand. Throughout March, we'll be highlighting delicious veggies in the cafeteria and helping students explore new flavors and healthy choices.

Will you join us at home?

If you're looking for new ways to help your child enjoy more vegetables, check out "12 Tips to Get Kids to Eat Their Veggies" using the QR code below. You'll also find plenty of great recipes to try together — simple, fun ideas that make enjoying veggies a family effort.

