

March 2026

Family Fun Night

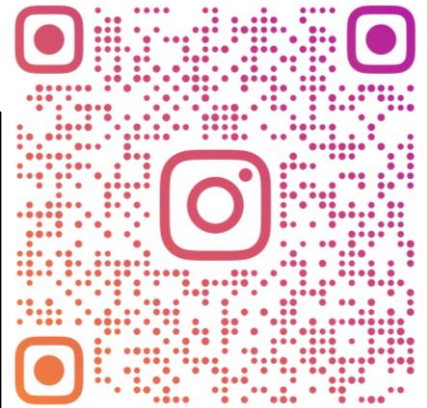
For seven years, our "Build Your Own Parfait" station has been a hit at our elementary schools' Family Fun Nights! Students enjoyed layering calcium-rich yogurt with fiber-packed granola and antioxidant-filled berries for a healthy, delicious treat before heading to our giveaway table. A special shout-out to Baya Pulli from Warwick, whose evening energy and school spirit made the night a success!



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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Celebrate National School Breakfast Week!

March contains National School Breakfast Week, and we're celebrating the "brain fuel" that helps our students succeed! Reminder: **Breakfast is FREE for all Central Bucks Elementary and Middle School students every day.**

Our meals are more than just convenient; they meet rigorous National School Lunch Program (NSLP) health standards:

- **Whole Grain-Rich:** Providing sustained energy for the school day.
- **Fresh Fruit:** A full serving included with every meal.
- **Nutrient-Dense:** Low-fat dairy and calorie-balanced portions.
- **Health-Conscious:** Strictly limited sodium and added sugars.

Encourage your student to join us in the cafeteria this month to start their morning right!



the quest for
school breakfast



Don't Miss Out

Get ready to experience a flavor plot twist! From **March 16th - 20th**, we are serving up our most daring Limited Time Offer yet: The Sweet Heat Chorizo Empanada. We start with a house-made, flaky empanada crust crafted from Cinnamon, Sugar, and Cayenne Pepper biscuit dough. It's the perfect balance of sweet and "zing," stuffed to the brim with Spicy Turkey Chorizo and melty Shredded Cheese. To keep things fresh, we're serving it with a side of cool Lime Crema.

Sweet Heat Chorizo Empanada



Veggie Vision

March is officially **National Veggie Month**, and we're celebrating all things green, crunchy, and delicious! Want to know which "veggies" are actually fruits, or which ones have secret superpowers? Follow us on Instagram all month long as we share fun facts, nutrition hacks, and behind-the-scenes looks at how we make our vegetables the star of the show. Don't miss out; head over to our page and join the veggie party!

Flavor is Growing



Turning Kitchen Scraps into Culinary Gold!

Did you know that nearly one-third of all food produced in the U.S. never gets eaten? Reducing food waste isn't just great for the planet; it's also a total win for your grocery budget! We're showing you how to find flavor in the parts of produce we usually toss away. It's time to rethink those stems, peels, and ends!

Here's a taste of what you'll learn:

- **Nutrient Power-Ups:** Many veggie skins and stems (like broccoli stalks or potato peels) are actually the most nutrient-dense parts of the plant!
- **The "Magic" Freezer Bag:** Learn how to save onion ends, carrot tops, and celery hearts in the freezer to make a restaurant-quality veggie stock later.
- **Pro Chef Hacks:** Discover clever tricks, like using bread ends to keep brown sugar soft or turning citrus peels into zesty DIY cleaners.
- **Garden Gains:** Not everything can be eaten, but we'll show you how eggshells and coffee grounds can become a "superfood" for your garden soil.



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