

A Sweet Success at Butler

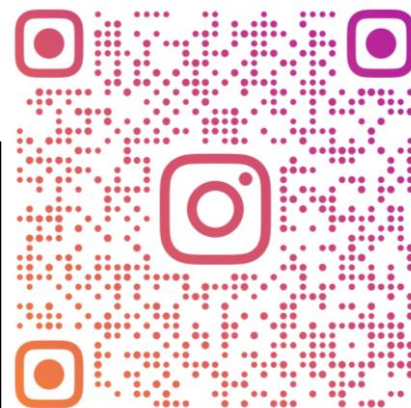
The energy was electric at **Butler Elementary's Family Fun Night**, and we were thrilled to be part of the magic! To keep the fun fueled, our team hosted a "Build Your Own Yogurt Parfait Bar," where students and families became the ultimate snack architects. From creamy yogurt bases to a mountain of fresh berries and crunchy toppings, it was a joy to see everyone customizing their own healthy masterpieces.



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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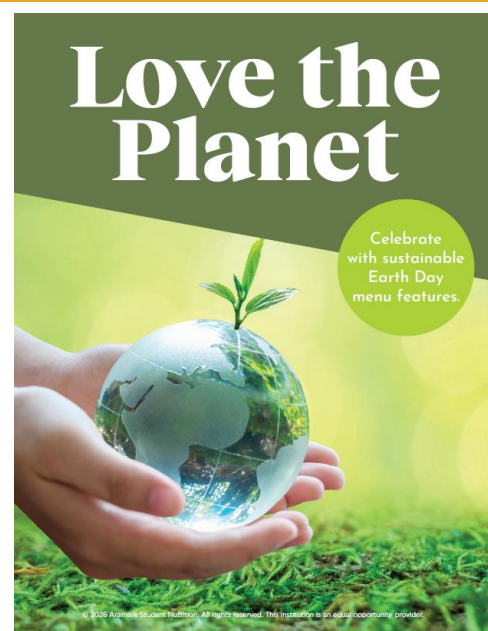
Earth Day 2026

April 22nd is **Earth Day**, and we're not just talking about it, we're about that action. Sustainability is a major flex, and as part of Aramark, we are part of a global movement to protect the planet.

We are focusing on the "Big Three" of eco-friendly dining:

- **Sustainable Sourcing:** Prioritizing local and responsible ingredients.
- **Waste Reduction:** Cutting down on food waste and single-use plastics.
- **Plant-Forward Innovation:** Creating more meatless options that actually taste like a win.

Being "green" isn't just for Earth Day; it's a 365-day lifestyle. Whether you're grabbing a veggie entree or making sure your tray is sorted correctly, you're helping us hit those big sustainability goals. Let's show the Earth some love all week long. Stay grounded, stay green, and let's eat like we care!



Don't Miss Out

The Waffalaco is officially back with a whole new twist, and your lunch plans are about to get an upgrade! Marking our April LTO from **April 13th-17th**, this "sweet & heat" masterpiece starts with a fluffy maple flatbread loaded with hickory-smoked bacon and a melty blend of mozzarella and cheddar. To top it all off, we're bringing the drama with a spicy buffalo ranch drizzle and a hit of crisp green onions.

**Buffalo
Bacon
Cheddar
Waffalacos**



Fueling Wellness at South

We were honored to participate in the recent **Health Fair at Central Bucks South**, where the energy was all about empowering students to make healthy, sustainable choices. Our "Build-Your-Own Yogurt Parfait Bar" was a major hit, allowing Titans to customize their own nutrient-packed snacks with fresh fruits, protein-rich yogurt, and crunchy toppings.



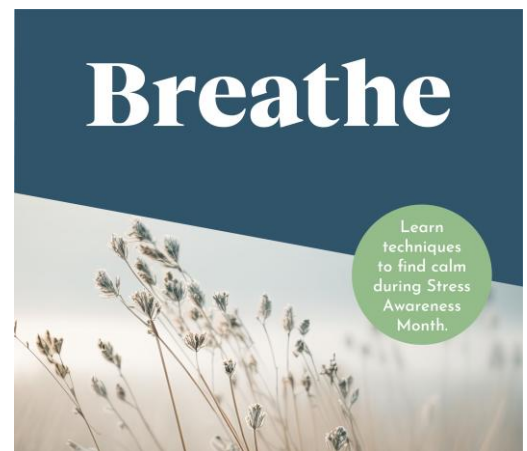
Stop the Hustle: 12 Steps to Reclaim Your Peace

April is Stress Awareness Month, and let's be real—the Main Character of any good story needs a recovery arc. Between academic pressure, social schedules, and the constant digital buzz, it's easy to feel like you're running on empty. But "stressing less" doesn't have to be another chore on your to-do list.

Here's a sneak peek at how you can start decompressing today:

- **The "Brain Dump" Method:** Why writing it down is the ultimate hardware upgrade for your mind.
- **Micro-Moments of Zen:** How simple, 1-minute breathing resets can stop a spiral before it starts.
- **The Power of "No":** Setting boundaries isn't mean; it's essential maintenance for your mental health.
- **Movement as Medicine:** Why your body needs to move to help your mind stay still.

Don't wait for burnout to catch up with you. Check out the full list of 12 Simple Steps to Stress Less and start your "Take 15" journey today.



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