Food For Thought

Your newsletter from Aramark Student Nutrition

May 2026

A Bright Start to May

May brings fresh energy and warmer days, and we are here for it. We're also honored to begin the month by celebrating School Lunch Hero Day. The heartfelt, handmade thank-yous our teams receive remind us how much their care and dedication mean to your students.

As spring continues, our kitchens stay focused on nourishing students each school day with fresh, seasonal flavors and meals that support learning, energy, and joy. We're grateful to be part of your student's day and look forward to a powering potential for a great month ahead.

What's on the menu?

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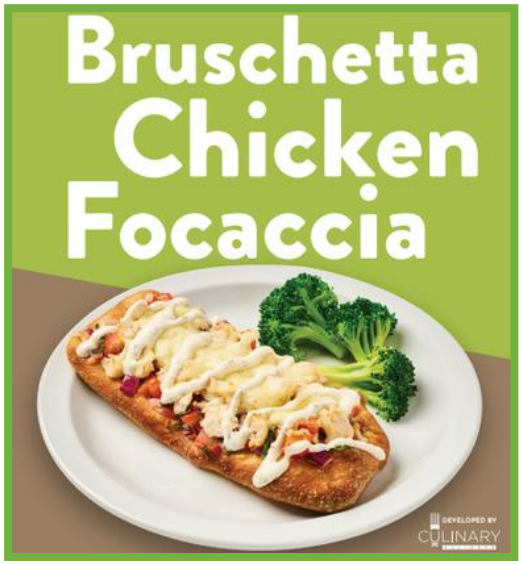
STUDENT NUTRITION



This Month's Limited-Time Offer: Bruschetta Chicken Focaccia

Our kitchens are serving up a fresh, flavorful LTO that students will love! For a limited time, we're featuring Bruschetta Chicken Focaccia—hand-pressed focaccia topped with diced chicken, fresh plum tomato bruschetta, melted mozzarella, and a drizzle of herb mayo. It's a warm, comforting meal with bright, classic flavors that feel just right for spring.

If your student enjoys trying something new (and delicious!), be sure they don't miss it before it's gone!

Wellness Corner: Game On

May is Physical Fitness and Sports Month, and it's the perfect time to get kids moving! We'll be encouraging active habits in our cafeterias to help fuel growing bodies and busy minds. With longer days and warmer weather, we also invite families to join in—whether it's a walk after dinner, a game in the yard, or trying a new sport together.

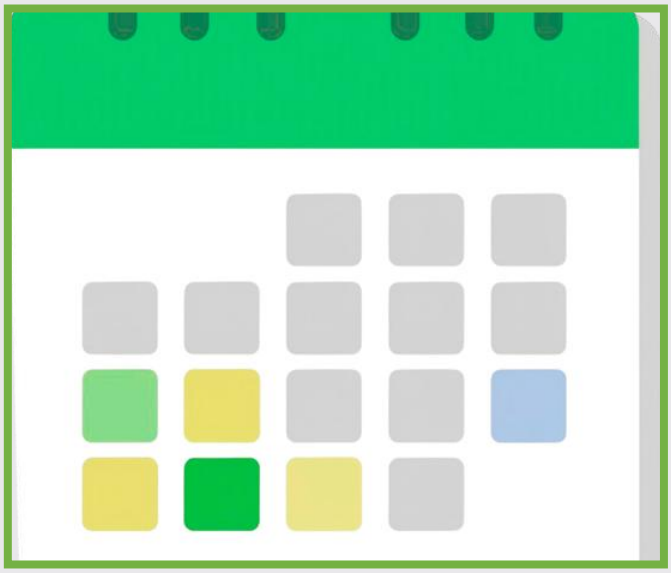
Looking for ideas? Check out this helpful read for parents. A little movement each day can make a big difference!

Read the article here: 👉

https://www.fyp365.com/active-kids-healthy-kids-whats-a-parent-to-do/

Watch for...

Maple Pancake Puffs
Strawberry Pancake Puffs
Bruschetta Chicken Focaccia
Fresh Seasonal Fruit



Recipe Spotlight: Cool, Colorful & Fun

Looking for a simple, kid-friendly and healthy recipe that feels just right for warmer days? Confetti Yogurt Pops are an easy win! Made with yogurt and colorful mix-ins, they're fun for kids to help make and refreshing to enjoy as the season shifts—a cool treat the whole family will love.

Find the recipe here: 👉

https://www.fyp365.com/recipes/confetti-yogurt-pops/