

Food For Thought



Your newsletter from Aramark Student Nutrition

October 2026

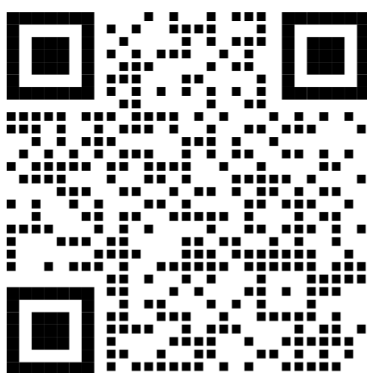
No Tricks, Just Flavor: October Menu & More

October is here, and there's a lot to look forward to—from National School Lunch Week to a little Halloween fun along the way. It's also a great time to celebrate the meals that help keep your students energized and ready for the day.

All month long, we're serving up a mix of familiar favorites and new options your students will actually look forward to—making mealtime one less thing on your plate. Here's to a fun and flavorful October!



What's on the menu?



October's Limited-Time Offer!

October is here—and so is a new limited-time favorite! Meet the Southwest Crunch Burger, a hearty option packed with bold flavor. It features a seasoned beef patty topped with a cheesy blend of roasted onions and peppers, plus warm spices like cumin, smoked paprika, and garlic. Finished with a crunchy layer of Tostitos® tortilla chips, it's a fun twist your students won't want to miss.

Southwest Crunch Burger

DEVELOPED BY
CULINARY

BEEF PATTY TOPPED WITH A
CHEESY BLEND OF ROASTED
ONIONS, PEPPERS, CUMIN,
SMOKED PAPRIKA, AND
GARLIC. TOPPED WITH TOSTITOS
TORTILLA CHIPS



Food That Feels Good

School meals are about more than just what's on the plate—they're made to help power the potential of your students throughout the day.

We keep things simple with wholesome ingredients, without added dyes or commonly questioned ingredients. Our meals follow USDA guidelines, with a balance of whole grains, fruits, vegetables, protein, and dairy—while keeping sugar and salt in check. Whenever we can, we cook from scratch, and when we use prepared items, we partner with brands families know and trust



Watch for...

- Eat Better, Eat Together Month!
- World Vegetarian Day 10/1
- Celebrate National School Lunch Week 10/12 – 10/16
 - Lucky Tray Days at the Elementary Schools
 - Recipe Voting Contests at the Middle & High Schools
- National Pumpkin Day 10/26



National School Lunch Week: Oct 12-16

National School Lunch Week is almost here! This year's Cafeteria Circus theme brings a little extra fun to lunchtime, and it's an important week for students to be part of the experience.

We encourage your student to join us for school lunch during this special week—you won't want them to miss out. It's a great time to be in the cafeteria and share in the fun with friends.

