

Food ForThought



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 for

Breakfast & Lunch?

Scan the QR code to view our **current school menus** and see what's being served! 📱🍴



Southwest Crunch Burger

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



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.

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...

Watch for... 👁️

New Flavors & Student Favorites!

Keep an eye on our menus! We'll be mixing in new items along with the meals students already know and love. You never know when a new favorite might show up!

Be sure to check the menu each month to see what's cooking! 🍕 🍰 🥤



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.

