Food For Thought

Your newsletter from Aramark Student Nutrition

November 2026

November Menus & Holiday Fun



November is here, and we're thankful to be serving up something exciting - from cozy fall flavors to a little pre-holiday 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 comforting classics and exciting new options your students will actually love and can help them Power Their Potential. We are truly grateful for the privilege of feeding your students every day, and we wish everyone a wonderful and delicious November!

What's on the menu?

Cafeteria - Carlynton School District

aramark STUDENT NUTRITION



November's Limited-Time Offer!

This November, we are featuring the Pepperoni Calzone & Pizza-Ranch in the cafeteria—a flavorful twist expected to be popular among students, featuring flaky biscuit dough filled with ricotta, mozzarella, parmesan, pepperoni, and Italian seasonings, served with a side of pizza ranch. Each month, we introduce Limited-Time Offerings (LTOs) based on trends, seasonal ingredients, and student feedback to keep the menu fresh and exciting. Don't miss out; this special is available for a limited time.

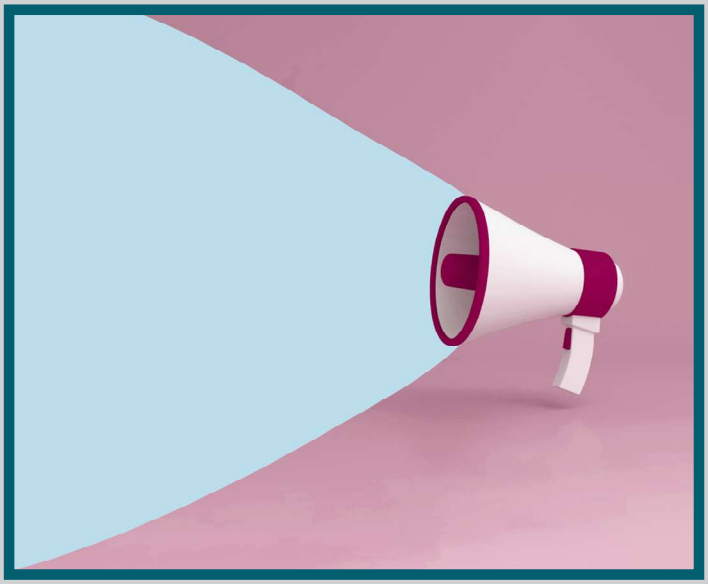


November is Good Nutrition Month

November is Good Nutrition Month, and it's a wonderful time to highlight how we bring fresh, wholesome choices to the cafeteria table every single day. Fruits and vegetables sit right at the center of the school plate. Every school breakfast and lunch includes a vibrant variety of options—from crisp green veggies and rich red and orange vegetables to wholesome legumes and delicious fresh, frozen, canned, or dried fruits. Thanks to national school meal standards, students enjoy a wider variety, larger portions, and are encouraged to build healthy habits by taking at least a half-cup of fruits or veggies with every meal. Here's to a nutritious and energizing November of Powering Potential!

Coming November 19







Parent Corner

Discover how healthy eating can be both delicious and simple!

Check out these expert-backed selections developed by professional chefs and dietitians to help you and your family make nutritious, great-tasting meals effortlessly every day.

https://www.fyp365.com/eatwell/