Food For Thought

Your newsletter from Aramark Student Nutrition

December 2026

December Well Being

As we step into December, we want to express our deepest gratitude for the opportunity to serve your school community every single day.

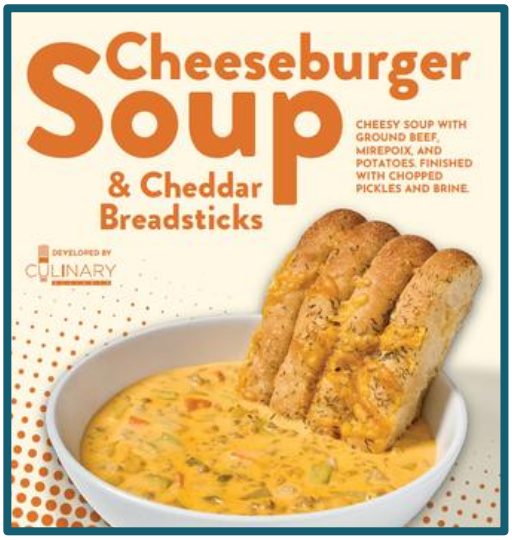
As we keep students energized this winter, we are also proud to support their overall well-being through our age-specific mental wellness initiatives: Beyond the Bites for K-8 students, which brings monthly social-emotional learning into the cafeteria with Ace and Friends, and Take 15, which offers middle and high school students and staff a refreshing 15-minute wellness break for mindfulness and stress management.

Wishing everyone a warm, joyful, and healthy holiday season!



What's on the menu?

aramark STUDENT NUTRITION



December's Limited-Time Offer!

Find it in our High and Middle School Dec 8th-Dec 11th

This December, we are featuring the Cheeseburger Soup & Cheddar Breadsticks in the cafeteria. This comforting twist, sure to be popular among students, features cheesy soup with ground beef, mirepoix, and potatoes, finished with chopped pickles and brine, served alongside cheddar breadsticks. We love dreaming up fun Limited-Time Offerings (LTOs) using seasonal ingredients and student feedback to keep things awesome in the lunchroom. Grab a spoon and dive in.



December is Root Vegetable & Exotic Fruit Month

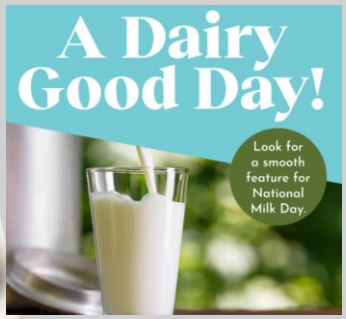
December is Root Vegetable and Exotic Fruit Month! Celebrate with this vibrant Fire and Ice Melon Salad, combining sweet mango and fresh melon with zesty lime, cilantro, warming ginger, and a kick of jalapeño.

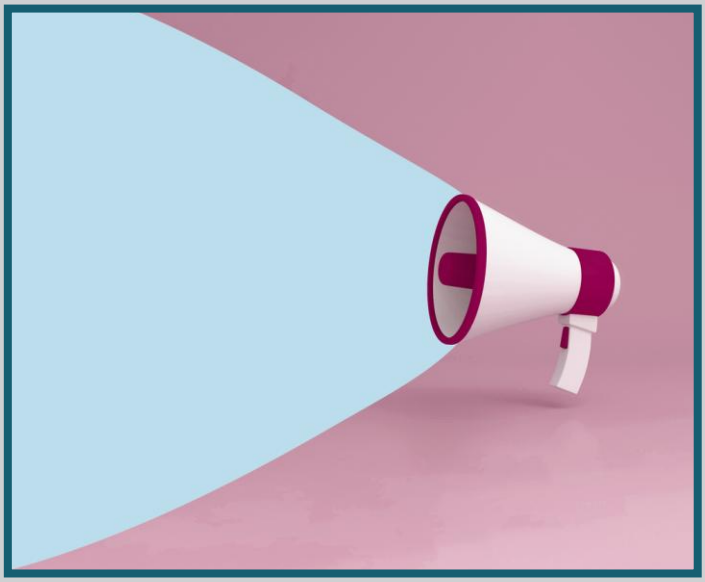
Visit Feed Your Potential 365 to check out the full recipe and bring a bold, refreshing twist to your table!

https://www.fyp365.com/recipes/fire-and-ice-melon-salad/

Watch for...









Parent Corner

Discover why fiber is much more than just "nature's broom." It's a powerhouse nutrient essential for your gut, heart, and long-term health!

Check out expert insights on how adding more fiber-rich foods to your daily routine can effortlessly support digestion, steady energy, and overall wellness.

https://www.fyp365.com/fiber-the-unsung-nutritional-hero-2/