



# EASY & DELICIOUS SCHOOL MEALS

## Powering the potential of every student is our passion

At Aramark Student Nutrition, we believe that nutrient-packed, delicious meals fuel students for success. Our teams work tirelessly to ensure that students have access to fresh, craveable meals through creative recipes, conveniently served. Seasonal menus feature special promotions and partnerships with trusted brands to provide an ever-changing selection of exciting meals. We are looking forward to serving each and every student throughout the upcoming school year!



## Meet your Aramark Student Nutrition Team:

### 2024-25 Meal Prices:

#### Breakfast

Elementary:

Middle:

High:

Adults:

#### Lunch

Elementary:

Middle:

High:

Adults:



**Apply for free  
& reduced  
meals today!**

Your family may be eligible for free or reduced meals. Unless your child is directly certified by the state for free meals, an application must be completed each year. Applying is free, easy and confidential. Visit this website to complete your application:

## What's Cooking?

Bookmark this page for quick access to breakfast and lunch menus:

## My family qualified for free/reduced-priced meals last year. Do I need to do anything for this school year?

Yes, a new application must be submitted each year (unless your child is directly certified by the state). To apply immediately, visit

## Can I pay for my child's lunch online?



## What forms of payment are accepted?

Payment may be made by cash, check or

## Where can I find menus?

You can access the breakfast and lunch menu at

## What does a full meal include?

**Breakfast menus** offer a variety of entrees, fruit and milk selections daily. A student must take at least ½-cup fruit and two other items to make a meal.

**Lunch menus** include entrée choices ranging from hot feature items, grill favorites, vegetarian offerings, pizza, and more. School meals are delicious and nutritious, providing protein and grains, along with milk, fresh fruits and vegetables. To ensure balanced nutrition, students must take at least 1/2 cup of fruit OR vegetable plus two other foods (selecting from protein, grains, milk, fruit and vegetable) for a reimbursable meal when a choice is offered.

## Will Student Nutrition accommodate my child's food allergy?

Food options are available that are made without the top nine allergens (wheat, egg, milk, soy, fish, shellfish, peanuts, tree nuts, sesame) and gluten. If your child requires dietary accommodation in the cafeteria, please fill out our special diet form at this link:

## Is breakfast available for my child?

Breakfast is available at all schools. Check with your school's website for serving times.

## What happens if my child forgets his or her lunch?

It is our goal to provide nutritious, balanced meals to our students so that they may remain focused throughout the school day. In the event a student's account has insufficient funds to pay for the meal, the account is charged. To view our charge policy, please visit

For questions about the Student Nutrition program:  
Please contact us at



# OUR CREATIVE MENUS

## Power the Potential of Students of Every Age

We've got exciting new menu promotions, health and wellness tips, and delicious and nutritious chef-inspired recipes we can't wait to share with you and your elementary, middle, and high school students! Using insights that look at most recent food trends, student preferences, and dining decisions, our dietitians and chefs create menu options and dining experiences that promote high quality, convenience, health, and personalization for our students. This, in turn, generates student excitement and empowers them to make better meal choices every day.



AT ARAMARK STUDENT NUTRITION, WE SEE THE POTENTIAL IN EVERY STUDENT. BY SERVING NUTRITIOUS, DELICIOUS FOODS IN ENGAGING, CREATIVE WAYS, WE CAN BRIGHTEN DAYS AND FUEL FUTURES.



## TODAY'S FOODIE CULTURE HAS RESULTED IN AN EXPANDING PALATE AMONG STUDENTS OF ALL AGES.

To encourage students to try new menu options at school, we feature promotional menu items each month, celebrate favorite food-themed events, as well as highlight daily and weekly recipe features that we know students will love!

Here are a  
**FEW  
HIGHLIGHTS**  
of the  
**EXCITING  
FLAVORS**  
students will enjoy  
this semester



Chicken  
Katsu Bowl



Fall Brunch Plate



Jerk  
Chicken  
Pizza



Cheesy  
Chorizo  
Enchilada  
Bake



Mediterranean Feta  
Veggie Burger



Macaroni & Cheese  
with Favorite Toppings



Mediterranean Feta  
Veggie Burger

Baked Potato with  
Vegetarian  
Chili & Cheese



Turkey  
Barbacoa  
Birria  
Quesadilla



Sausage  
Pizza

Beef, Chili & Cheese  
Fritos Walking Taco



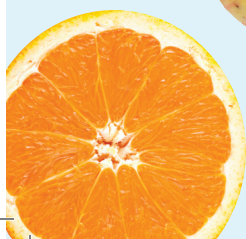
Sweet Chili Chicken  
Lettuce Wraps

Asian-Influenced  
Cuisine, including  
Steamed Chicken  
& Vegetable  
Dumplings & more

Spicy  
Chicken  
Mole Tacos

Meals are served with an  
ever-changing variety of seasonal

**FARM-FRESH  
FRUITS &  
VEGETABLES**



Pumpkin Spice  
Yogurt Smoothie



## Breakfast

is more than just for the cafeteria!  
It can be served in the classroom or  
as a grab-and-go meal from a cart  
in the hallway. Whatever a school  
needs, there's a menu to support!



Cheesy Ham & Egg  
Pancake Panini



# MEALS TO SMILE ABOUT

## Serving nutritious and delicious meals

Some of the healthiest food your children can eat is served at your child's school for breakfast and lunch. The federal government passed the Healthy Hunger Free Kids act in 2010 to ensure children eat balanced and nutritious meals, that provide the fuel they need to grow and thrive, both inside and outside of the classroom. As your school's food service provider, ensuring that students are well fed throughout the school day is our top priority.



### Believe in the Power of Food

Can food have a role beyond fuel in schools?  
Can taste spark curiosity within the classroom?  
Can global flavors provoke discovery and discussion?  
Can a friendly hello change the course of a student's day?

We think so. At Aramark Student Nutrition, we believe eating nutrient-packed, delicious food powers potential.

### Powering Potential in Student Nutrition

We have an extensive database of recipes available to our schools, with a large variety of flavor profiles! To help ensure that schools are offering an assortment of nutritious and delicious meals, we introduce multiple promotions each month to help focus attention on different foods. These include recognized food days, such as national taco day or world vegetarian day; school-specific events, such as Spirit Day, with a focus on local favorites; or national events such as Earth Day, with a focus on fruits and vegetables.

One week per month, we introduce special promotions which provide a fun opportunity for students to try new foods that were developed by our chefs and dietitians. Our calendar of events includes delicious recipes influenced by global cuisines such as Asian, Greek and Mexican, along with on-trend sweet and spicy flavors.

With all promotions, the option to taste-test is a key component offered at every school. Students, including those that might not typically eat a school meal, are encouraged to try a sample of a daily or weekly special.

Students who eat school breakfast have been shown to achieve

**17.5% HIGHER SCORES**

on standardized math tests.\*

\*No Kid Hungry, Hunger in Our Schools. 2017.



To ensure that students have access to food they enjoy,  
our dining program offers a diverse  
**range of menu choices**

that include a variety of fruits and vegetables  
and age-appropriate entrée options.

Our dining professionals design healthy  
menus that exceed USDA regulations,  
while also taking into consideration the  
community needs, feedback from  
student surveys, and district resources.



Aramark chefs  
have created

**7,000+**

**K-12 RECIPES**

including **over 250**  
**new recipes** each year





# HEALTHY MEALS. HEALTHY MINDS.

## It makes Meal Sense.

As your school nutrition partner, we are dedicated to ensuring all students are well fed throughout the year and ready to learn. More students than ever before may be eligible for free or reduced-price school meals, like breakfast, lunch, and snacks —provided to students whose families meet certain income requirements. Families may apply at any time to ensure their child has healthy meals at school every day.



## Why do families need to apply for free or reduced-price school meals?

Applications for free and reduced-price school meals must be submitted every year. We encourage you to check your family's eligibility and apply. It's easy, risk-free and confidential. Guidelines are available online to help you determine eligibility based on your household size and income level.

Visit the U.S. Department of Agriculture (USDA) website for details:  
[www.fns.usda.gov/cn/income-eligibility-guidelines](http://www.fns.usda.gov/cn/income-eligibility-guidelines)

## Applying for the program helps students and schools

We are committed to helping your child's school maximize student enrollment into this program. Helping eligible children qualify for free or reduced-price school meals, as well as ensuring they actually grab a school breakfast and lunch each day, keeps our students well fed and nourished. But also, for each free or reduced-price meal we serve in the cafeteria, the school district is eligible to collect federal funds available for this purpose. These funds are important for schools to maintain and enhance the food service operation.



## Risk-free application.

Information collected in the application is confidential and will be used only for evaluating the eligibility of students for free or reduced-priced school meals. The process is non-discriminatory and the meal status is kept confidential. This means that other students will not know if a student is receiving free or reduced-price meals. If approved for free meals, students are provided a reimbursable meal at no charge. If approved for reduced-price meals, students are provided a reimbursable meal at a rate less than the full price of the meal.

You can contact your school at any time for an application or more details about the program.

## How can you advocate for others?

If you find yourself in a prominent position within your community, such as the Parent Teacher Association, you may be able to help raise awareness about this program. Many families that are going through financial hardships or experiencing food insecurity, and are eligible to participate, are unaware of eligibility requirements or the ease of applying.

We want families to feel comfortable to seek guidance and support. For many, this might mean reaching out to an existing relationship with school administrators and the PTA. You may help direct parents to an application, available through the Food and Nutrition Services department, schools, and at some locations throughout the community. **An application can be filled out at any point during the school year for the remainder of that year.**





## IN ORDER TO BE APPROVED FOR FREE OR REDUCED-PRICED MEALS, AN APPLICATION MUST BE COMPLETED EACH YEAR.

The only exception to this is if the child is directly certified by the state for free meals. So, those parents that do not receive a letter telling them their child is pre-approved must complete an application. It is important that each part of the application is filled out completely in order for the application to be processed.

## HELPFUL INFORMATION IF YOU ARE APPLYING FOR FREE OR REDUCED-PRICE SCHOOL MEALS

### **Do I have to be a U.S. citizen to qualify for an application?**

No, you may apply regardless of whether you or your children are United States citizens.

### **Where can I find an application in my language?**

Visit the USDA site at <https://www.fns.usda.gov/school-meals/translated-applications> to see if an application is available in your language.

### **Does the application stay the same every year?**

Applications are changed and updated every year; so, a new application must be submitted.

### **When should I complete the application?**

You can begin applying in July. However, **applications are accepted throughout the school year. Contact your school district for guidance on how to complete an application.**

### **Does every family have to submit an application?**

Families that do not automatically qualify (directly certified) must re-apply every year.

### **How do I know if I am directly certified (automatically qualify)?**

A letter will be mailed to your home. Please ensure your address is current with the Central Registration Office.

### **If I receive a directly certified letter and one of my children is not listed, what should I do?**

At the bottom of the letter, add your child's name and resubmit it to the correct department.

### **If I have more than one child, how many applications do I have to complete?**

One application per household is to be completed. You do not need a separate application for each child.

### **Where can I access the application?**

You may apply online or visit your school's main office for a paper application. Online applications provide the fastest and most accurate submission and validation.

### **Do I have to show proof of income?**

A percentage of all applications are audited for review. If your application is chosen, you must provide proof of income in the proper time frame, as requested.

### **Why is it important to complete the free and reduced application?**

School funding is determined through this process. Those who qualify for free and reduced-price meals may also be eligible for other benefits, such as more affordable internet service through your local internet provider. An example is Comcast's Internet Essentials Program ([apply.internetessentials.com](https://apply.internetessentials.com)).

### **Who can I contact if I have questions about the application?**

Visit your school district website for more information or contact the food service office at your district.





# OUR PARTNERSHIPS

## Keeping Students Healthy & Safe

As your school's food service provider, we are committed to providing students with safe, wholesome food, prepared fresh daily.



We work with companies that your family knows and trusts, and we serve the highest quality products, formulated specifically for K-12 schools.



To provide outstanding service and high-quality meals that are both kid friendly and meet or exceed the latest federal and state requirements, we:

Work directly with food production partners to

### set new industry standards

#### for healthier foods,

by requiring that all key products meet our standards to reduce or eliminate fats, salt and sugars and to add whole grains when possible.



Incorporate wholesome, natural ingredients and

### source foods rich in fiber and essential vitamins and minerals,

like whole-grain breads, pastas and cereals, fresh fruits and vegetables (local when available); low-fat or non-fat milk; other reduced-fat dairy options; and lean, low-fat chicken, beef and fish.



### Source safe and high-quality foods

including poultry raised without hormones and with only humane use of antibiotics; foods with no added trans fats; and sustainably produced seafood.



### Use minimally processed foods

and avoid foods with artificial sweeteners and high fructose corn syrup wherever possible.

Use products and cooking methods that

### conserve food quality and nutrients

while limiting addition of fats and eliminating frying.



# A COMMITMENT TO WELLNESS

## The Power of Food

Good tasting food and fun flavors can spark curiosity and encourage discovery. That's why our culinary and student nutrition teams work hard to serve healthy and tasty foods capable of getting students excited and engaged with school dining.



Beyond offering a satisfying culinary experience, we believe that food powers potential. The nutrition that students need from school food impacts their physical development, cognitive aptitude, and learning potential. That's why we have a carefully calculated and dietitian-approved way to provide better, more balanced nutrition. When students eat a school meal, we want to ensure that meal will help nourish their mind and body, and help them succeed throughout the day, every day.

## Our Wellness Commitments

- 1 **Serve delicious and nutritious** meals that satisfy students and meet USDA requirements.
- 2 Promote the benefits of eating breakfast by offering the **School Breakfast Program** in a variety of settings including in the cafeteria and classroom as well as mobile cart solutions.
- 3 Offer **healthy, nutrient-dense snacks** and healthy meal options for after-school programs and special events.
- 4 Encourage healthy lifestyles by **linking nutrition messaging** with the foods we serve.
- 5 Offer frequent food sampling opportunities **to encourage students to try new, healthy foods.**
- 6 Buy locally, partner with organizations to procure sustainable foods, and support school gardens to **help schools become more environmentally friendly.**
- 7 **Provide excellent service** to our students and our customers with an engaged, committed staff.
- 8 Train and encourage staff to be **good stewards of water and energy** in schools; support composting, recycling, and green cleaning for healthy school environments, where possible.
- 9 Advance employee knowledge and sensitivity to **health and wellness education** through training and communication resources.
- 10 Engage in **legislative advocacy** on behalf of our nation's students.

## feedyourpotential365™

As a part of our Healthy for Life® initiative with the American Heart Association (AHA), we're committed to reaching out to students, parents, and community members with health and wellness ideas and information that can help you live a healthier life. That's what our Feed Your Potential (FYP) 365 campaign is all about. FYP365 is empowering millions of Americans to DISCOVER, CHOOSE, and SHARE the healthy foods that can help them reach their potential and accomplish their best. It comes to life through robust digital experiences—online and on social media, where people can get the knowledge, skills, and confidence they need to prepare healthy food for their families.

### Visit FYP365.com for

Budget friendly, globally inspired, healthy recipes

Cooking tips and tricks from chefs

Healthy lifestyle updates from nutrition experts

Meal-planning inspiration shared through electronic newsletters and social media

## Empowering Wellness Education

We actively connect and engage with students about healthy eating habits and overall physical and emotional well-being. As food becomes more and more integrated into shared spaces beyond the cafeteria, our conversation regarding wellness has also expanded.

With increased signs of anxiety and depression amongst the youngest generation of students, our elementary wellness program encourages students to focus on mindfulness and creating lifelong positive habits.



## Elementary Wellness

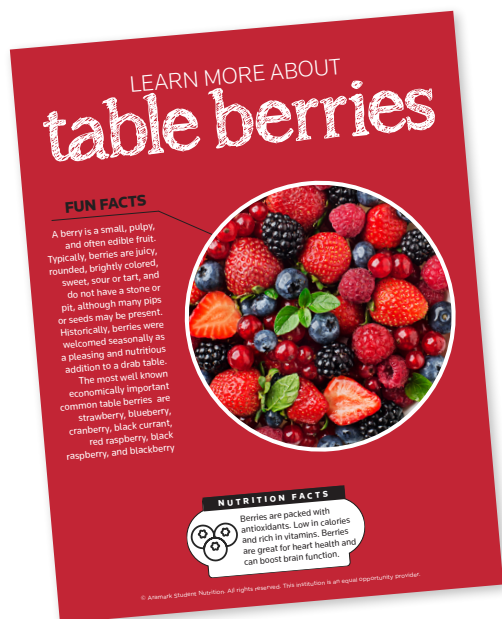


**Ace, our nutrition mascot**, and his group of friends teach our youngest elementary students how eating right, staying active, and getting plenty of sleep will lead to good health and achievement. Throughout the school year, our Ace & Friends program focuses on relevant monthly topics that students can connect to, such as “Fall Fun” at the start of school and building confidence to make new friends.

To help maximize engagement, this program includes videos, lesson plans, promotional materials and monthly giveaways that reinforce learning with fun activities, coloring sheets and more. These activities can be done in a classroom setting or at home, so that students can engage in conversation regarding the message of the month.



**Our Healthy Bites program** provides promotional materials and tips on healthy eating, such as foods that provide energy, the importance of starting the day with a balanced breakfast, choosing nutritious snacks, and staying hydrated. As part of this program, students are encouraged to taste-test school menu items, with a focus on special daily features, seasonal fruits and veggies, and exciting new menu flavors. To help complement these educational materials, **our Beyond the Bites program** focuses on emotional well-being, with topics related to connecting with friends, setting goals, and taking a mental break throughout the day.



## Middle & High School Wellness

With our older students, health and wellness is incorporated throughout the dining space itself, where students are prompted to think about their own potential and healthy habits.

Our goal is to help students make smart decisions that benefit their mind and nourish their body to drive success today and in the future.