

Employee Spotlight

We're still riding high from the success of our 2nd annual ABC Day Thanksgiving Meal Kit Assembly! Partnering up with our friends at Big Brothers Big Sisters, we packed and delivered over FIFTY meal kits to local families – talk about spreading the Thanksgiving cheer! Thank You to our incredible staff for their generous hearts and for giving their time to make this happen. You guys are the real MVPs, making a real difference in our Central Bucks community!



Warwick Family Fun Night

Aramark Student Nutrition had a blast at Warwick's Family Fun Night! We were thrilled to be there, serving up healthy and yummy food and drinks to keep everyone fueled for fun! After all, you gotta have the right fuel for awesome family time!

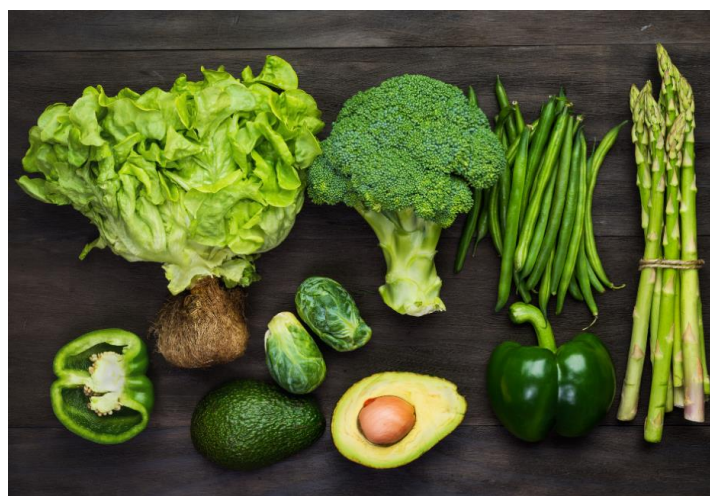


Lunch That Fuels Success

Our National School Lunch Program (NSLP) meals are like a nutritional rainbow! We're serving up a colorful mix of yummy and healthy stuff every single lunch, following some pretty important rules from the USDA. Check out what's on the menu:

- **A Fruity Boost:** 1/2 to 1 cup of delicious fruit!
- **Veggie Power:** 3/4 to 1 cup of vibrant veggies, with a mix of awesome colors like dark green, red, and orange!
- **Whole Grain Goodness:** 1 to 2 servings of energy-boosting whole grains!
- **Protein Power-up:** 1 to 2 or more ounces of protein (meat or vegetarian options available!).
- **Milky Way:** 1 cup of refreshing low-fat or non-fat milk!

And that's not all! We're also keeping an eye on calories, saturated fat, and sodium to make sure everything is super healthy and helps you feel your best!"



Don't Miss Out

Don't miss the flavor fling! Our limited-time Pizza Waffalacos are here from February 10th to 14th! Picture this: crispy whole-grain maple waffles topped with pizza sauce, gooey mozzarella, pepperoni, and a sweet and spicy sriracha honey drizzle. It's a taste sensation you won't find anywhere else – so grab one before they're gone!



Holiday Cheer

We had a blast lending a hand at St. Mary's Church in University City, serving up some holiday cheer (and a delicious meal!) to our neighbors in need. We dished out a hearty, traditional holiday feast, complete with all the fixings: turkey, mashed potatoes, stuffing, corn, and rolls – the works! We always love connecting with and supporting our community.



Lunchtime Face-Off

School Lunch vs. Packed Lunch! Three studies put them to the test, and here's what they found:

- **School Lunch is a Nutritional Powerhouse!** Kids who choose school lunch are getting more milk, fruit, and veggies—essential for growing strong and smart!
- **Packed Lunches Need a Boost!** Only about a quarter of packed lunches met the basic nutritional requirements of school lunches. Time to rethink those lunchboxes!
- **Packaged Overload!** Pre-packaged foods were the most common thing found in packed lunches. Let's aim for more fresh and healthy options!
- **Soaring Sodium!** Packed lunches often had higher sodium levels than what's recommended. Keeping sodium in check is key to a healthy heart!

The verdict? School lunch is serving up a balanced and nutritious meal, making it a super convenient and healthy choice!

