

# 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 limited-time offer promotions which provide a fun opportunity for students to try new foods that were developed by our chefs and dietitians. This calendar of events includes celebrations such as Fall Fest in September and National School Lunch Week in October.

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

