

# Food For Thought



Your newsletter from Aramark Student Nutrition

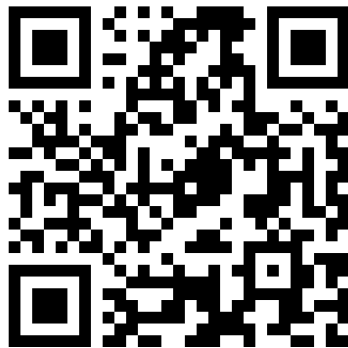
October 2025

## Let's Fall Into Flavor: October Menu & More

October brings cozy sweaters, colorful leaves, and all the festive fun of Halloween! At school, our meals offer delicious options that fuel students for a day full of learning and discovery. In the cafeteria, we won't spook you, but we'll definitely spark your enthusiasm for great food and a fantastic day ahead. Let's savor every bite together!



**What's  
on the  
menu?**



## October's Limited-Time Offer!

October is here, and so is our hearty, fall-inspired Limited Time Offer—Smoked Sausage & Cheesy Potato Soup! This warm and savory dish blends smoky sausage and creamy cheese into a comforting bowl that's perfect for crisp autumn days. Inspired by the flavors of Oktoberfest, this special soup is a delicious way to celebrate the season. It's available for a limited time, so be sure to ask your student if they've had a chance to enjoy it!



## Nutrition Corner

### October is National Eat Better Together Month!

Did you know that sharing meals with others can lead to healthier eating habits, stronger relationships, and better overall well-being?

This October, we're celebrating National Eat Better Together Month, a reminder of how powerful shared meals can be for families. Research shows that when families eat together regularly, kids are more likely to make healthier food choices, perform better in school, and develop stronger communication skills. Even with busy schedules, carving out time for a few family dinners each week can make a big difference.

## 7 Meal Planning Tips for Busy Families

That old question, "What's for dinner?" gets answered! Get tips and recipe ideas from our school chef on Feed Your Potential 365.



Find recipes and more at [www.fyp365.com](http://www.fyp365.com)