

# Food For Thought



Your newsletter from Aramark Student Nutrition

September 2026

## A Message from your Student Nutrition team!

We're so excited to welcome everyone back to school! The new school year brings fresh energy—and new routines for everyone. School meals are here to make your days a little easier, with healthy and delicious options to keep your students fueled and ready to learn. We're looking forward to a great year together!



## What's on the menu?

[Find Out Here](#)

## Questions?

[Find More Information](#)

[On Our Website](#)



## What's not on the menu this school year?

Just as important as what we serve is what we choose not to. We're continuing to simplify our ingredients by removing certain additives, including **artificial dyes** and commonly questioned ingredients.

The good news? This isn't a big change for most of our meals—we already used very little of these ingredients. We're simply making sure they're completely out. You may notice small differences in color or appearance, but your students will still enjoy the foods they know and love.