



All Saints Catholic School

Changes coming to your Cafeteria!

Aramark Education is excited to begin our partnership with All Saints Catholic School for the 2019-2020 school year. We will be providing your children with nutritious and healthy menu choices, nutritional education messaging to encourage healthy eating and a well-balanced lifestyle, along with a new menu approach to increase choices and make lunch exciting again.

Our Menu Philosophy

Aramark is committed to providing safe, nutritious food prepared fresh daily. We align with prominent global food companies to buy the highest quality products available. Our menus are created from an extensive database of age-segmented recipes, developed by our Culinary Team made up of dietitians, chefs, purchasing specialists in conjunction with our manufacturer partners. We collaborate with parents to accommodate the dietary requirements of students with special needs.

- Work directly with food companies to set new industry standards for healthier foods, by requiring all key products meet our criteria to reduce or eliminate fats, salt and sugars, and to add whole grains.
- Incorporate wholesome, natural ingredients and source foods rich in fiber and essential vitamins and minerals, like whole grain breads, pastas and cereals. A wide variety of fresh fruits and vegetables are offered daily; utilizing local products when available. Fresh low fat or non-fat milk and other reduced fat dairy options are available everyday. Lean low fat chicken, beef and fish are offered to complete a well-balanced, nutritious meal for your child.
- Source high quality, safe foods with no added trans fats, hormone- and antibiotic-free dairy products, poultry raised without hormones and with only humane use of antibiotics, sustainably produced seafood, and cage-free eggs.
- Use minimally-processed foods, and foods without artificial ingredients nor high fructose corn syrup, wherever possible. The products and cooking methods we use conserve food quality and nutrients, while limiting the addition of fats. Even though you may see popular items like pizza and chicken nuggets on your menus, be assured that your child's meal selections are lower in fat, salt, and contain healthy whole grains.



Program Highlights

New menu options with individual a la carte pricing offering parents more choice.

Tiered Menu Pricing:

- K-2 - \$3.75 - Complete Meal
- 3-8 - \$4.50 - Complete Meal
- A La Carte pricing available for individual items

A la carte items include individual entrée items, sides, beverages and snack items. Take a look at the sample menu to see the great choices!

Special Event Promotions

In addition to wellness menu specials, we also have special event and holiday promotions customized for All Saints Catholic School. These celebrate holidays like Thanksgiving; national events like National Nutrition Month and Earth Day; Religious Events and school-specific events such as sports or field trips.



Environmental Sustainability

We are passionately focused on reducing the environmental impact within our operations. We continuously improve our own practices while offering expertise and practical solutions. Engaging in Farm to School programs by working with suppliers to identify local produce, support farmers and promote nutrition, and partnering with FarmLogix, a company that uses an online platform to connect local farmers to schools.



We are very excited to become part of the All Saints Community and look forward to meeting and serving the students! Look for more communications before the start of school along with contact information and menus!