



New Year News

WELCOME BACK!

We hope you all had a wonderful and safe holiday. Aramark is happy to be back for another semester of taking care of all your students nutritional needs during the school day. All students will continue to receive free breakfast and lunch this semester. See you in the cafeteria!

CARBON MONOXIDE SAFETY



January is the deadliest month for carbon monoxide poisoning. Simple precautions can prevent carbon monoxide poisoning. Installing carbon monoxide detectors, using gas appliances as recommended and keeping fuel-burning appliances properly vented are just a few suggestions to keep in mind.

HERE'S THE DISH!

Aramark is continuing the search for new team members to join our team for the 21-22 school year. If interested in joining a winning team, please call us at 815-436-6270 to discuss our many opportunities!

Avocado Berry Breakfast Smoothie

Scan for this month's fun health recipe!

SCAN ME

DID YOU KNOW?



Fun fact: Avocados are classified as a vegetable, but they are really a fruit because it is a large berry containing one large seed. Dating back to 1696 avocados were originally called an alligator pear. Avocados are one of the few fruits that contain protein. Be sure to scan the QR code below to obtain a tasty recipe for an **Avocado Berry Breakfast Smoothie**.

WHAT'S HAPPENING THIS MONTH



January 19th is National Popcorn Day! Popcorn is the number one snack food in the US. Popcorn is the official snack food of Illinois and the state has its own popcorn day which has been celebrated since 1958.

Scan the QR code for Menus and additional information

SCAN ME

