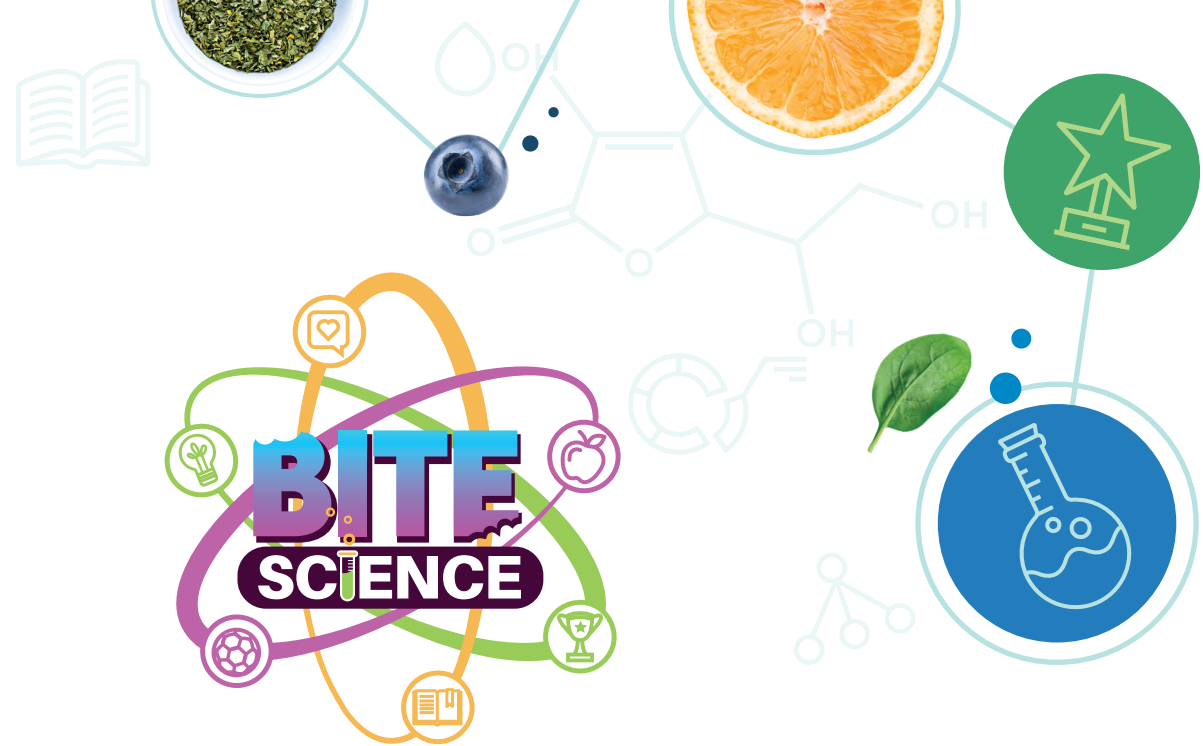


# Principal Overview: Fall 2025



August

September

October

November

December

January

## Welcome

Welcome to our fall lineup of promotions, wellness education, and engagement activities. These promotions and special events align with Sodexo Schools' new **Value Proposition**, which focuses on creating an uplifting sense of belonging for students through our love of food and its ability to foster togetherness and well-being while encouraging sustainability.

Our core plan is designed to engage and educate students, generate interest, encourage belonging, and increase satisfaction through the following:



**BITESCIENCE** - BiteScience is an innovative science-based nutrition education program that offers students a hands-on approach to understanding how food fuels their bodies and minds and the benefits of balanced wellness habits.



**NEW BiteScience Classroom/Lunchroom Activities -**

Easy-to-implement activities created to reinforce each month's wellness education focus. Based on district and site considerations, the activities offer fun ways to spark students' imaginations and encourage hands-on participation.



**SCRATCH-MADE LTO MENU FEATURES -**

**OPTIONAL:** Students are looking for something new, including fresh flavors and exciting twists on classic meals. Our new Scratch-Made LTO Menu Features introduce and promote limited-time offerings. These scratch-made menu items showcase the quality and freshness of the ingredients while satisfying students' food cravings and boosting participation.

**SEE YOUR GENERAL MANAGER FOR PLANNING AND IMPLEMENTATION DETAILS.**



**FRESH PICK** - Fresh Pick is a bi-monthly feature that showcases the best seasonal and local produce on school menus. By emphasizing fresh fruits and vegetables, we aim to nourish students with flavorful, nutrient-rich ingredients and promote lifelong healthy eating habits. Highlighting local and seasonal items helps minimize environmental impact, supports nearby farms, and exposes students to the variety of produce grown in their local communities.



**NATIONAL FOOD DAYS** - National Food Days are themed celebrations highlighting specific foods, such as National Apple Day, National Nacho Day, or Pancake Day. These enjoyable, food-centered events offer an excellent opportunity to break the lunchroom routine, add excitement and variety, boost student engagement and participation, and cultivate a sense of belonging and school spirit.



**Digital Resources:** In addition to the printed materials shown for each month, your dining teams can access a host of digital resources to increase awareness and engagement with students, parents, and the community by visiting the Fall Promotions Link at [sodexosites.com/2025/fall/k12](https://sodexosites.com/2025/fall/k12)

**Thank you again for supporting these events and helping to create exciting and educational experiences that make students feel they belong, which is key to their well-being.**

# August



## Wellness Focus: Brain Health

**Wellness Education:**  
Back to School BRAIN

**Monthly Focus Ingredients:**  
Blueberries, Leafy Greens, Turmeric, Eggs

**Featured Recipe:**  
Veggie Packed Chicken Biryani (SR5469)

**Anatomy Of Taste Flavor Boost:**  
Pickled Red Onions (Sour) (SR1276)

**Classroom/Lunchroom Activity:**  
Brain Food Detective



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste Flavor Boost Cling



**Recommended:**  
8/20 National Lemonade Day

### Other Food Days:

**8/19 National Potato Day** – Feature Smiles/Emojis potatoes with every meal (SR3502)

**8/28 National Burger Day** – Great day to try a Scratch-made Secondary LTO burger or Back to School Grill-Out



National Lemonade Day



Fresh Pick



## Fresh Pick

**Minimum 2x per month:**

Blueberries (SR3918/SR1384)  
Leafy Green (SR3752/SR2129)  
Turmeric (SR3693)

## AUGUST/SEPTEMBER SCRATCH-MADE LTO MENU FEATURES



Optional For Elementary Sites



**DELI/FAST TAKES:**  
Summer Berry Crunch Salad (SR5439)  
**PIZZA:** Hot Honey Pepperoni (SR5609)  
**GRILL:** Cherry Pepper Chicken Sandwich (SR5461)

# September



## Wellness Focus: Brain Health

**Wellness Education:**  
Back to School BRAIN

**Monthly Focus Ingredients:**  
Blueberries, Leafy Greens, Turmeric, Eggs

**Featured Recipe:**  
Veggie Packed Chicken Biryani (SR5469)

**Anatomy Of Taste Flavor Boost:**  
Pickled Red Onions (Sour) (SR1276)

**Classroom/Lunchroom Activity:**  
Mind-Body Connection



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste  
Flavor Boost Cling



**Recommended:**  
**9/26 National Pancake Day**  
Feature pancakes (SR2010) or serve breakfast for lunch with pancakes. (Bring it up a level and include warm berries (SR2617) as a topping.)

### Other Food Days:

- 9/5 National Cheese Pizza Day
- 9/16 National Guacamole Day (SR3990)
- 9/18 National Cheeseburger Day - Great day to try a Scratch-made Secondary LTO burger or Back to School Grill-Out
- 9/22 National Ice Cream Cone Day (Retail ONLY)



National Pancake Day



Fresh Pick



**Fresh Pick**  
**Minimum 2x per month:**  
Pears (SR1585)  
Leafy Green (SR3752/SR2129)  
Turmeric (SR3693)

## AUGUST/SEPTEMBER SCRATCH-MADE LTO MENU FEATURES



Optional For Elementary Sites



**DELI/FAST TAKES:**  
Summer Berry Crunch Salad (SR5439)  
**PIZZA:** Hot Honey Pepperoni (SR5609)  
**GRILL:** Cherry Pepper Chicken Sandwich (SR5461)

# October



## Wellness Focus: Bone Health

### Wellness Education:

Spooky Strong SKELETON

### Monthly Focus Ingredients:

Pumpkin, Mushrooms, Broccoli, Tofu

### Featured Recipe:

Pumpkin Penne Alfredo (SR5431)

### Anatomy Of Taste Flavor Boost:

Sunflower Seed Gremolata (Crunchy/Savory) (SR5623)

### Classroom/Lunchroom Activity:

The Powerful Pumpkin



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste Flavor Boost Cling



### Recommended:

**10/20** National Chicken & Waffles Day  
Ask for SNM for your regional recipe.

### Other Food Days:

**10/6** National Noodle Day (SR5431/SR3994)

**10/29** National Oatmeal Day (SR1942)

**10/31** National Breadstick Day - Feature a Mummy Dog (SR5463/SR1119)



National Chicken & Waffles Day



Fresh Pick



### Fresh Pick

#### Minimum 2x per month:

Pumpkin (SR1664)

Mushrooms (SR1843)

Broccoli (SR1274)

## OCTOBER/NOVEMBER SCRATCH-MADE LTO MENU FEATURES



Optional For Elementary Sites



### DELI/FAST TAKES:

Spicy Turkey Sub (SR5440)

**PIZZA:** Pumpkin Alfredo Pizza (SR5452)

**GRILL:** Sunbutter & Jalapeño Cheddar Burger (SR5460)

# November



## Wellness Focus: National Gratitude Month

**Wellness Education:**  
Have an Attitude of GRATITUDE

**Monthly Focus Ingredients:**  
Cranberries, Sweet Potatoes, Potatoes

**Featured Recipe:**  
Pumpkin Penne Alfredo (SR5431)

**Anatomy Of Taste Flavor Boost:**  
Sunflower Seed Gremolata (Crunchy/Savory) (SR5623)

**Classroom/Lunchroom Activity:**  
Bog To Bite: A Berry Big Adventure



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste  
Flavor Boost Cling



**Recommended:**  
**11/6 National Nacho Day** -  
Feature your school's favorite nachos.

**Other Food Days:**  
**11/3 National Sandwich Day** -  
Feature your school's favorite sandwich

**Holiday Meal**  
Feature a holiday meal before Thanksgiving. Multiple recipes are available to support based on preferences.



National Nacho Day



Fresh Pick



**Fresh Pick**  
**Minimum 2x per month:**  
Cranberries (SR1889/SR1727)  
Sweet Potatoes (SR2277)  
Potatoes (SR2609)

## OCTOBER/NOVEMBER SCRATCH-MADE LTO MENU FEATURES



Optional For Elementary Sites



**DELI/FAST TAKES:**  
Spicy Turkey Sub (SR5440)  
**PIZZA:** Pumpkin Alfredo Pizza (SR5452)  
**GRILL:** Sunbutter & Jalapeño Cheddar Burger (SR5460)

# December



## Wellness Focus: Moods

### Wellness Education:

Feeling blue? Grab some MOOD food to chew

### Monthly Focus Ingredients:

Bananas, Berries, Oats, Yogurt

### Featured Recipe:

Thai Chicken & Pineapple Fried Rice (SR5766)

### Anatomy Of Taste Flavor Boost:

Lime Wedge (Citrus/Bitter) (SR1283)

### Classroom/Lunchroom Activity:

Feed The Food To Match The Mood



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste  
Flavor Boost Cling



### Recommended:

**12/1 Eat a Red Apple Day** –  
Feature fresh red apples.

### Other Food Days:

**12/4 National Cookie Day**

**12/5 National Comfort Food Day** – Feature your district's favorite comfort food or one of these suggestions:  
Mac & Cheese, Meatloaf, Shepherd's Pie, Pot Pie



National Eat a  
Red Apple Day



Fresh Pick



### Fresh Pick

#### Minimum 2x per month:

Bananas (SR1591/SR3613)  
Berries (SR2554/SR3613)  
Oats (SR1942)

## DECEMBER/JANUARY SCRATCH-MADE LTO MENU FEATURES



Optimal For Elementary Sites



**DELI/FAST TAKES:**  
Sesame Ginger  
Noodle Salad (SR5835)  
**PIZZA:** Pizza Bianca  
(SR5453)  
**GRILL:** Chicken Katsu  
Sandwich (SR4661)

# January



## Wellness Focus: Eye Health

**Wellness Education:**  
EYE see a Bright Future

**Monthly Focus Ingredients:**  
Carrots, Citrus, Lean Protein, Eggs

**Featured Recipe:**  
Thai Chicken & Pineapple Fried Rice (SR5766)

**Anatomy Of Taste Flavor Boost:**  
Lime Wedge (Citrus/Bitter) (SR1283)

**Classroom/Lunchroom Activity:**



## Elementary School



Wellness Poster



Featured Recipe



Anatomy Of Taste  
Flavor Boost Cling



**Recommended:**  
1/21 National Granola Bar Day  
(Retail Only)

### Other Food Days:

1/16 International Hot & Spicy Food Day - Feature a Nashville Hot Chicken Sandwich or one of the "spicy" or "hot" Scratch-made Secondary LTOs like the Spicy Turkey Sub or Hot Honey Pepperoni Pizza



National Granola Bar Day



Fresh Pick



**Fresh Pick**  
**Minimum 2x per month:**  
Carrots (SR1540)  
Citrus (SR2063/SR1131)  
Pineapple (SR3689/SR3682)

## DECEMBER/JANUARY SCRATCH-MADE LTO MENU FEATURES



Optional For Elementary Sites



**DELI/FAST TAKES:**  
Sesame Ginger Noodle Salad (SR5835)  
**PIZZA:** Pizza Bianca (SR5453)  
**GRILL:** Chicken Katsu Sandwich (SR4661)