Darien Food Services Newsletter





Darien Cafeteria News

Welcome to your winter Food Services Newsletter!

Discovery Kitchen

As you may know, each month we bring our Discovery Kitchen program to the cafeteria. This month, our Discovery Kitchen theme is Spice It Up!

Spice It Up! is a celebration of international recipes that are proven to raise the bar of the spice rack! See the calendar pages for special recipe days.

Fun Davs

We have been celebrating Fun Days at all schools! In November we celebrated: National Nacho Day and National French Toast Day.

We have more Fun Days and plans for the winter months to keep students engaged. See what we have in store for your dining program in this issue and make sure to follow us on Instagram QDarienPSLunch



Food Services

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December Menus



A Reason to Celebrate!

December is Pear Month!

In addition to apples and oranges, pears will be in all cafeterias in December to celebrate Pear Month! All meals include one piece of whole fruit, so let your students know they can enjoy a pear today!

December 4: National Cookie Day

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long. We will have special paid cookie options at MMS and DHS.

December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in their favorite configuration. Bacon, egg, and cheese bagel sandwiches will be available for purchase to celebrate the day at MMS and DHS.

All Month Long: Happy Holidays!



Look For These Upcoming Special Events in December!

In the middle and high schools, we are hosting **Student Choice** this month. Students can vote for their favorite sample of: **Bok Choy's**, Sweet & Sour Chicken; **Made to Melt's**, Mozzarella, and Tomato Panini; **Big City BBQs**, Pulled Pork with Crispy Onions, at DHS; or **BUILD's** Chicken Alfredo Flatbread at MMS. The winning theme will be on the menu the following week!

Student Choice samples will be offered at Darien High School on, December 5th, 6th, and 7th, with voting on the 8th.

Student Choice sample will be offered at Middlesex Middle School on December 12th, 13th, and 14th, with voting on the 15th.



Sushi is Served

Sushi is available at Darien High School every other Monday! In December: 12/4/23 and 12/18/23



More Events and Fun Days this winter!

January: National School Board Recognition Month

Thank you, School Board Members! On behalf of all of our Chartwells team members – and our 16,000 fellow associates across the country, we can't thank you enough for supporting our mission of serving up happy and healthy every day.



January 1: Happy New Year

New Year's Day is a holiday that is observed on the first day of January on the Gregorian calendar – which is January 1st. For many people, it is seen as the end of the holiday season and it is also a day in which many people start their New Year resolutions.



See the <u>Food Services Current Menus page</u> for special recipes on the following Fun Days:

January 15: Bagel Day

January 19: National Popcorn Day

Popcorn is definitely one of America's favorite snacks, and what better way to honor this wholesome snack than by dedicating an entire day to it?! Join us in the Darien High School cafeteria to celebrate National Popcorn Day with a special seasoned popcorn station!

February 14: Valentine's Day

St. Valentine's Day is celebrated throughout the world on February 14th of every year. Love, romance and kindness are shared with others through the giving of gifts such as candy, cards, flowers, and jewelry. The color red is associated with St. Valentine's Day along with chocolate, cupid, and the shape of a heart.



See the <u>Food Services Current Menus page</u> for special recipes on the following Fun Days:

February 2: National Tater Tot Day

February 9: National Pizza Day

Celebrate one of America's all-time favorite foods, pizza! Dine with us for special pizza options! #nationalpizzaday

February 20: National Muffin Day

It's National Muffin Day! English muffins have been whipped up in kitchens as far back as a thousand years ago in Wales, and American style muffins have been around since the 18th century. Muffins are a great breakfast on the run, a perfect substitute for toast during brunch, and an easy treat to make and give as a gift.

February 23: Pancake Day, Italian Food Day & Mardi Gras!



MOOD BOOST is back!

We will visit the elementary schools in the month of January with special MOOD BOOST activities. @DarienPSLunch

Discovery Kitchen Activities

December is **Spice It Up!** month. We'll be engaging students with fresh and flavorful recipes. Spice It Up! is a celebration of international recipes empowering students to join in cooking with various spices that are sure to spice up any meal with their family and friends. See a special recipe card below.

January features The Great American Roadtrip allowing students to experience this great country through the power of food! We will take your students on a journey through the quadrants of the U.S., where they will learn about the local favorites of each region and, about the geography that allows these regions to produce certain foods for the entire country.

February features **Smart Snacking**. There's no question that students today are busier than ever! With school, sports, and other extracurricular activities, we want to ensure students understand how healthy snacks and meals can be an important part of keeping them energized all day long.



Mexican Spice

INGREDIENTS

- 2 ¼ tsp chili powder ¾ tsp ground papika ½ onion powder ¼ tsp kosher salt
- 1/4 tsp kosher salt 1/2 tsp garlic powder

Servings: 4; serving size 1 tsp

METHOD

- Combine all ingredients in mixing bowl. Stir together well to combine.
- Before using, stir or shake all ingredients well. Ingredients may settle during storage.

Use and Enjoy!

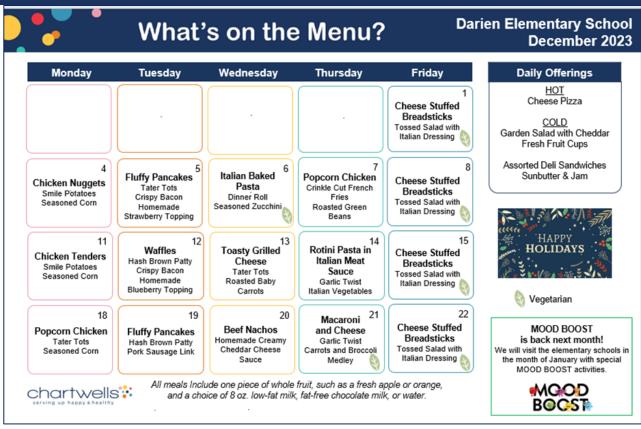


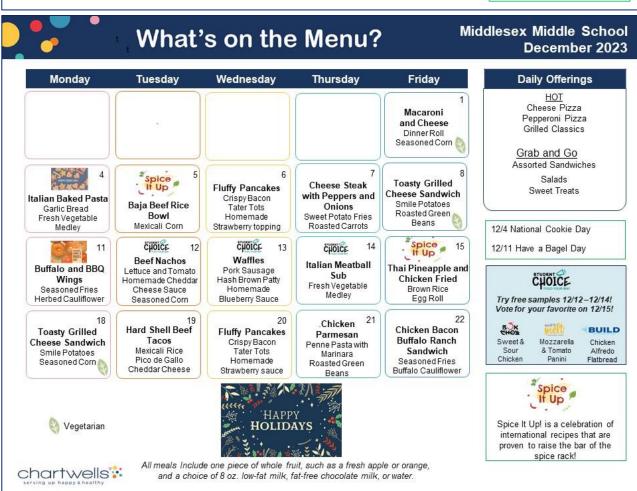




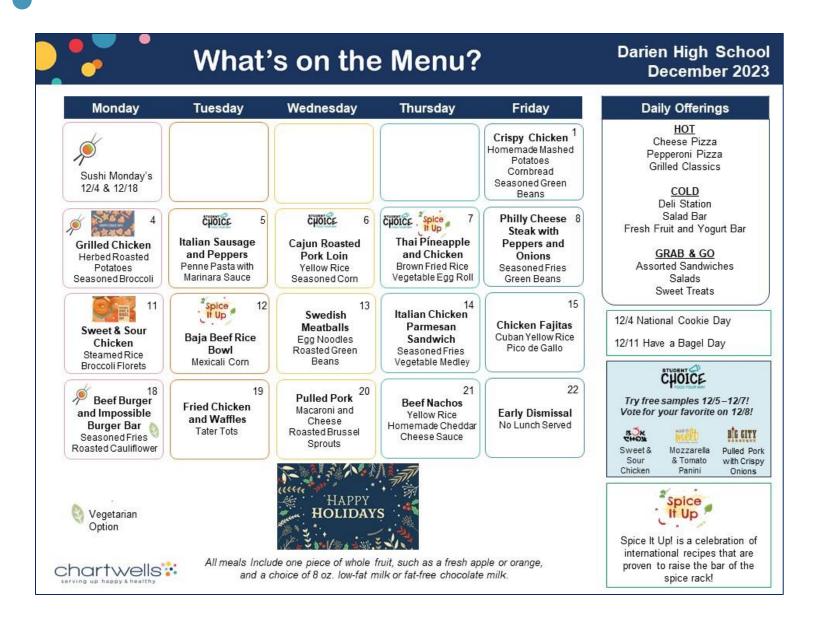








Did you know, you can find all Food Service information including monthly menus at:





Don't forget to pick up a pear today! All meals include a whole fruit for students at all schools. Pears are a special addition, in December, to celebrate Pear Month!