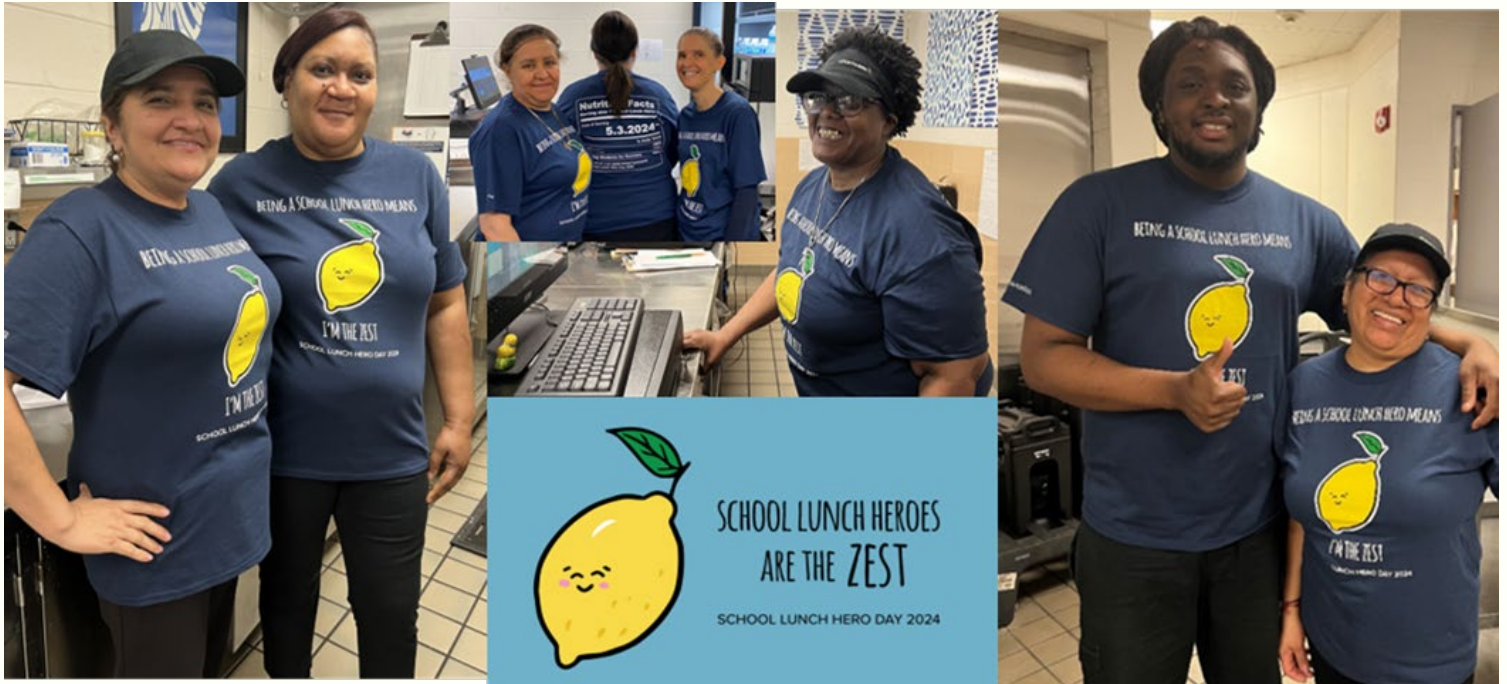


Darien Dining Highlights 2023/24



Here's to another good year!

As we move towards finishing another school year we want to take a moment to congratulate all graduating classes!

We also want to recap some highlights from 2023/24.

Culinary and Marketing Enhancements

Throughout 2024 our signature award-winning engagement programs were run to offer fun in our Darien cafeterias!

Discovery Kitchen Our flagship approach to nutrition awareness and education, Discovery Kitchen introduces students to new flavors in the classroom, cafeteria, at home or at other community events. Promotions are introduced on a continual basis throughout the school year.

Global Eats Our philosophy has always been that food is about adventure and discovery. Our newest program is taking flight to bring students authentic cuisines from all over the world. Whether it's a familiar favorite or something completely new, Global Eats is all about the connecting power of food.

Student Choice Fun tasting and voting events empower students to share their voice and decide what food makes it on their school menu. Students take the lead, often rallying their classmates and teachers to vote for their favorite restaurant-inspired culinary concepts.

Mood Boost We're boosting moods with knowledge about how the foods we eat impact our overall wellness. Mood Boost focuses on six moods that are easy for kids to relate to and identify: Happy, Alert, Calm, Strong, Confident and Smart. Each week, students can taste foods in the cafeteria or select items from the menu with ingredients that influence each one.



chartwells
Discovery
KITCHEN
AT HOME

Global
Eats

STUDENT
CHOICE
FOOD YOUR WAY

MOOD
BOOST

chartwells Discovery KITCHEN



chartwells
serving up happy & healthy

Today's Featured Item:

Impossible Chicken Nuggets,
Caesar Salad, Julienne Red
Peppers, Fried Onions

Regular \$4.75
Large \$6.25

Plant Power is a celebration
of plant-based, fresh,
seasonal, and local foods.
Plant-based foods are packed
with protein.

plant power



Buttermilk Slaw

INGREDIENTS

5 cups – shredded cabbage mix
2 tbsp. – thinly sliced onion
1 cup – matchstick carrot

For the dressing:

½ cup – buttermilk
½ tsp. – salt
3 tsp. – dried dill
½ cup mayonnaise

Servings: 4-6

METHOD

- 1) Combine all dressing ingredients into a bowl and vigorously whip with a wire whisk to combine.
- 2) Add the slaw ingredients to the dressing and gently mix to evenly coat with the dressing.

Serve & Enjoy

Each month we bring our Discovery Kitchen program to all Darien cafeterias.

June is Summer Fun Month!
Students had the opportunity to enjoy summer-themed recipes that pull in a variety of flavors to enhance everyday meals.



Global Eats

Chartwells' new program Global Eats encourages students to try new foods and flavors while learning about different cultures. Highlighting the unique ingredients and authentic flavors from cuisines around the world, Global Eats brought a world of flavors to the cafeteria at Darien High School in March.





Student Choice was a student favorite at both Middlesex Middle School and Darien High School in December.



MOOD BOOST

Mood Boost is designed to help students make the connection between what they eat and how they feel.

Mood Boost was back in all Darien Elementary schools, in February, with some Strong recipes.



Dark greens like brussel sprouts nourish the nervous system



MOOD BOOST

FEED YOUR MOOD.

We also featured special Mood Boost menus, at Middlesex Middle School in March, featuring: Calm, Alert, Confident, and Happy recipes.



Grand Opening Middlesex Middle School Deli



We were excited to celebrate the opening of a new Middlesex Middle School Deli this year, utilizing space that had previously been storage. The deli is a hit with both staff and students.

Sushi

Darien High School & Middlesex Middle School featured sushi prepared by professional sushi chefs on select days.



[Check our menu page in the fall for all upcoming dates.](#)



FUN DAYS

We celebrated Fun Days, at all schools, all year!



See our website each month for special menu calendars, highlighting upcoming Fun Days.

What's on the Menu? Darien Middlesex Middle School June 2024					Daily Offerings
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Soft Breakfast Taco Hardened Cauliflower Seasoned Fries	4 Mozzarella & Tomato Panini Herb Roasted Green Beans & Tomatoes Smile Potatoes	5 Waffles Homemade Strawberry Topping Crispy Bacon Hash Brown Patty	6 Italian Meatball Sub Vegetable Medley	7 Macaroni & Cheddar Cheese Steamed Broccoli Dinner Roll	Hot Cheese Pizza Pepperoni Pizza Grilled Classics Grab & Go Assorted Deli Sandwiches Fresh Salads Sweet Treats
10 Beef Tacos Pico de Gallo Mexican Style Rice Homemade Cheddar Cheese Sauce	11 Greek Chicken Gyro Corn on the Cob Tater Tots	12 Fluffy Pancakes Homemade Blueberry Topping Pork Sausage Links Hash Brown Patty	13 General Tso's Chicken Vegetable Medley Steamed White Rice	14 Hamburger or Cheeseburger Roasted Carrots Tater Tots	
60 Egg Day 64 Cheese Day 6/11 Corn on the Cob Day					Vegetarian



EARTH DAY FILL-IN-THE-BLANK STORY

DIRECTIONS: REVIEW PARTS OF GRAMMAR (NOUNS, PRONOUNS, VERBS, ADJECTIVES, ADVERBS) AND FILL IN THE BLANKS TO CREATE A FUN, EARTH DAY-THEMED STORY.

I wanted to do something _____ in order to honor our favorite planet on Earth Day! So, my friend, _____, and I decided to go to the local _____ and pick up _____ that were littered on the ground. Then, we decided to recycle all of the _____ that we found. We thought it was a(n) _____ idea to make _____ out of _____ and not _____ new ones made of plastic. Instead of _____ in a car, we decided to take our bicycles to _____. At the end of the day, before the sun went down, we _____ planted some _____ in the garden. It was a(n) _____ Earth Day! I hope you did something just as fun and _____ as we did on Earth Day!

FILL-IN-BLANK WORD LIST

- | | |
|-----------------------|------------------------|
| 1. adjective: _____ | 9. verb: _____ |
| 2. noun: _____ | 10. verb: _____ |
| 3. place: _____ | 11. place: _____ |
| 4. plural noun: _____ | 12. adverb: _____ |
| 5. plural noun: _____ | 13. adjective: _____ |
| 6. adjective: _____ | 14. plural noun: _____ |
| 7. plural noun: _____ | 15. adjective: _____ |
| 8. plural noun: _____ | 16. adjective: _____ |



2024/25 Looking Ahead

We look forward to bringing back our exciting programs next year!

Be on the look out for new programs too!



Global
Eats



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KITCHEN
AT HOME



Did you know, you can find all Food Service information including monthly menus at:
<https://www.darienps.org/departments/food-services>