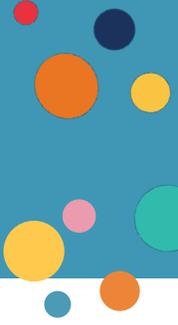




Darien Public Schools Food Services Newsletter

Spring 2025



March Fun!

We had a busy month with Student Choice March Madness at Darien High School and Middlesex Middle School. Big City Barbeque, Pulled Pork was up against Chaat House's Tikka Chicken Masala. It was close but Big City won!

Big City Barbeque then faced off against Mac & Cheesyology! Mac & Cheesyology won! It was the same result for both DHS and MMS.



Vegetarian Options Added

March Discovery Kitchen featured Plant Power. A number of vegetarian menu items were added in March and are here to stay!

The following have been added in addition to meat options at Darien High School and Middlesex Middle School:

- General Tso's Tofu
- Impossible Burgers
- Sweet & Sour Chik'n Nuggets
- Chick'n & Waffles



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Food Services

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<https://www.darienps.org/departments/food-services>

chartwells
serving up happy & healthy

DISCOVERY KITCHEN FUN

Be A Waste Warrior

This month's Discovery Kitchen is full of environment-friendly days including Earth Day and Stop Food Waste Day.

Enjoy a special CHAAT House Indian Cuisine Day at DHS, on April 2nd featuring Spiced Cauliflower & Sweet Potatoes, Waste Warrior style. We use every part of the cauliflower and potatoes, including the skin. For more tips on reducing waste at home, see below.



Pickled Carrot Recipe to try at home

Tips for Reducing Wasted Food at Home:

- 1. Plan Ahead:** Look at preparing a soup, stew, burrito, omelet or salad towards the end of the week so you can use up the vegetable and fruit odds and ends you have.
- 2. Revive Your Veggies:** A quick soak in ice water for 5-10 minutes can revive wilted greens.
- 3. Use Leftovers:** In soups, sauces, smoothies and salsas.
- 4. Utilize Root to Stem:** Use the entire vegetable. Carrot tops, beet greens, broccoli, Swiss chard and kale stems are both delicious and packed with nutrients. Trendy "cauliflower rice" is made from cauliflower cores, a part that used to be discarded.
- 5. Peel Less:** No need to peel carrots and many other root vegetables if you are cooking them. Like potatoes, many of their nutrients lie just under the skin
- 6. Zest Away:** Use a grater or zester on the outside rind of lemons, limes and oranges before cutting and squeezing. The zest adds a burst of flavor to most any dish.

Ingredients

½ cup	Vinegar, rice wine
½ tsp	Kosher salt
1-1/2 Tbsp	Granulated sugar
4-1/2 oz	Carrots, fresh

Directions

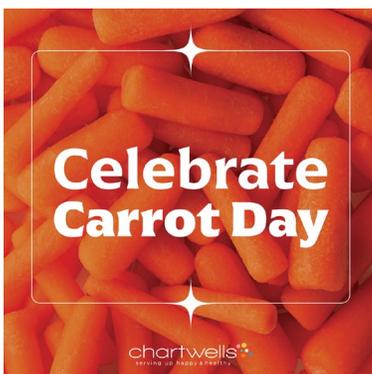
Prep time = 10 minutes

Cook time = 5 minutes

1. Rinse uncut produce in fresh water. Do not peel carrots. Remove as little of the carrot end with the stem as possible.
2. Roughly cut the carrots into 1/2 inch "coins" on the bias. If the carrot is larger than 1 inch round, cut it in half and then slice.
3. In a pot over medium-high heat, heat the rice wine vinegar until simmering. Add the sugar and salt. Stir until the sugar and salt have dissolved. Add the carrots to the vinegar and allow to cook for 3-5 minutes. Remove the carrots from heat and set aside to cool.
4. Store the cooled carrots in a covered container and cold hold for up to 72 hours.

UP NEXT:

Carrots will be the star of the sideshow April 4th for Carrot Day



Show support for your local lunch heroes on May 2nd!



FOOD SERVICES SURVEY
Please take a minute to let us know what you think



Menus and Information

What's on the Menu?

Darien Elementary Schools
April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
31 Popcorn Chicken Bowl Mashed Potatoes Chicken Gravy Seasoned Corn	1 Buttermilk Pancakes Blueberry Topping Crispy Bacon Hash Brown Patty	2 Diced Chicken Roasted Broccoli Lemon Rice Pilaf	3 Italian Beef Meatballs & Rotini Pasta with Marinara Roasted Green Beans	4 Cheese Stuffed Breadsticks with Marinara Roasted Baby Carrots
7 Chicken Tenders Seasoned Corn Smile Potatoes	8 Whole Grain Waffles Strawberry Topping Crispy Bacon Tater Tots	9 Hamburger or Cheeseburger Roasted Baby Carrots Crimble Cut Fries	10 Penne Pasta with Meat Sauce or Marinara Roasted Green Beans Garlic Twist	11 Cheese Stuffed Breadsticks with Marinara Roasted Broccoli
14 Spring Recess	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess
21 Chicken Patty Sandwich Roasted Baby Carrots Tater Tots	22 Colby Cheese Omelet Turkey Sausage Links Fresh Baked Buttermilk Biscuit Spiced Baked Pears	23 Beef Nachos Homemade Cheddar Cheese Sauce Mexicali Corn	24 Homemade Macaroni & Cheese Roasted Green Beans	25 Cheese Stuffed Breadsticks with Marinara Roasted Broccoli
28 Sweet & Sour Chicken Roasted Broccoli Steamed Rice	29 Whole Grain French Toast Sticks Blueberry Topping Crispy Bacon Hash Brown Patty	30 Sloppy Joe Sandwich Roasted Baby Carrots Crimble Cut Fries	1 Italian Baked Pasta Roasted Green Beans	2 Cheese Stuffed Breadsticks with Marinara Roasted Broccoli

Daily Offerings

HOT
Cheese Pizza

COLD
Garden Salad with Cheddar
Fresh Fruit Cups
Assorted Deli Sandwiches
Sunbutter & Jelly



Using a vegetable or herb "root to stem" means using all of the plant instead of just one part. Our chefs have developed recipes using stems and roots that are typically disposed of as well as trimmings and ends of other vegetables to show how delicious they can be!

4/4 International Carrot Day
4/30 Stop Food Waste Day - Featuring a Cucumber Salad in the cooler section

Vegetarian Option



All meals include one piece of whole fruit, such as a fresh apple or orange, and a choice of 8 oz. water, low-fat milk or fat-free chocolate milk.



Food Services

What's on the Menu?

Middlesex Middle School
April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
31 Turkey Sausage Egg & Cheese on an English Muffin Baked Apple Slices	1 Cheese Quesadilla Southwest Black Beans Mexican Rice	2 Macaroni & Cheese Bar Buffalo Chicken or BBQ Shredded Pork Bacon Bits Steamed Peas	3 Cheese Tortellini with Marinara or Meat Sauce Roasted Broccoli Garlic Bread	4 Crispy Fish Sandwich with Cheese Roasted Carrot Fries Onion Rings
7 Whole Grain Waffles Strawberry Topping Crispy Bacon Tater Tots	8 Beef Tacos Lettuce & Tomato Shredded Cheddar Rice & Beans	9 General Tso's Chicken or Tofu Garlic-Ginger Bok Choy Steamed Rice	10 Burger Bar Beef or Impossible Burger Onion Rings	11 Italian Baked Pasta Roasted Broccoli Garlic Bread
14 Spring Recess	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess
21 Colby Cheese Omelet Turkey Sausage Links Fresh Baked Buttermilk Biscuit Spiced Baked Pears	22 WASTE WARRIOR Baja Beef Rice Bowl Mexicali Corn Cilantro-Lime Coleslaw	23 Orange Chicken Sweet & Spicy Green Beans Lo Mein Noodles	24 BBQ Pulled Pork Sandwich Herbed Cauliflower Sweet Potato Fries	25 Rotini with Marinara or Meat Sauce Roasted Brussels Sprouts Garlic Bread
28 French Toast Sticks Homemade Strawberry Topping Crispy Bacon Hash Brown Patty	29 Beef Nachos Homemade Cheddar Cheese Sauce Mexicali Corn Salsa	30 Sweet & Sour Chicken or Chik'n Nuggets Asian Vegetables Steamed Rice	1 Homemade Beef or Lentil Sloppy Joe Buffalo Cauliflower Onion Rings	2 Italian Beef Meatballs with Marinara Roasted Green Beans Garlic Bread

Daily Offerings

HOT
Cheese Pizza
Pepperoni Pizza
Grilled Classics

COLD
Assorted Deli Sandwiches
Fresh Salads



Using a vegetable or herb "root to stem" means using all of the plant instead of just one part. Our chefs have developed recipes using stems and roots that are typically disposed of as well as trimmings and ends of other vegetables to show how delicious they can be!

4/25 - **CHOICE** Thank you to the students who voted! The winner is...
4/25 - **Homemade Macaroni & Cheese Bar**

4/4 International Carrot Day
4/30 Stop Food Waste Day - Featuring a Cucumber Salad in the cooler section

Vegetarian Option



All meals include one piece of whole fruit, such as a fresh apple or orange, and a choice of 8 oz. water, low-fat milk or fat-free chocolate milk.



Current menus

What's on the Menu?

Darien High School
April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chicken Parmesan Sandwich Roasted Carrot Fries French Fries	1 Cheese Quesadilla Mexican-Style Pinto Beans Mexicali Corn Mexican Rice	2 Chicken or Vegetarian Tikka Masala or Vindaloo Spiced Cauliflower & Sweet Potato Steamed Rice	3 Cheese Tortellini with Marinara, Alfredo or Pesto Steamed Broccoli Garlic Bread	4 Fish Po'boy Hoagie Roasted Carrot Fries Onion Rings
7 Oven Fried Chicken Chicken Gravy Roasted Green Beans Homemade Mashed Potatoes	8 Walking Beef Taco Shredded Lettuce Diced Tomatoes Shredded Cheddar Salsa	9 General Tso's Chicken or Tofu Garlic-Ginger Bok Choy Steamed Rice	10 Burger Bar Beef or Impossible Burger Oven Baked Curly Fries	11 Italian Baked Pasta Roasted Broccoli Garlic Bread
14 Spring Recess	15 Spring Recess	16 Spring Recess	17 Spring Recess	18 Spring Recess
21 Classic Chicken Sandwich Lettuce & Tomato Seasoned Fries	22 WASTE WARRIOR Baja Beef Rice Bowl Mexicali Corn Cilantro-Lime Coleslaw	23 Orange Chicken Sweet & Spicy Green Beans Lo Mein Noodles	24 BBQ Pulled Pork Sandwich Herbed Cauliflower Sweet Potato Fries	25 Rotini with Marinara or Meat Sauce Roasted Brussels Sprouts Garlic Bread
28 Buffalo & BBQ Chicken Wings Vegetable Crudité Seasoned Fries	29 Beef Nachos Homemade Cheddar Cheese Sauce Mexicali Corn Salsa	30 Sweet & Sour Chicken or Chik'n Nuggets Asian Vegetables Steamed Rice	1 Homemade Beef or Lentil Sloppy Joe Buffalo Cauliflower Onion Rings	2 Cheese Stuffed Shells Roasted Green Beans Garlic Bread

Daily Offerings

HOT
Cheese Pizza
Pepperoni Pizza
Grilled Classics

COLD
Deli Bar
Salad Bar - Featuring Assorted Legumes & Grains



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4/4 International Carrot Day
4/8 Health Day - A Healthy Shaker Salad will be at DHS
4/30 Stop Food Waste Day - Featuring a Cucumber Salad in the cooler section

Vegetarian Option



All meals include one piece of whole fruit, such as a fresh apple or orange, and a choice of 8 oz. low-fat milk or fat-free chocolate milk.



Food Services Survey