

FEBRUARY

BREAKFAST

All daily options are offered with fruit and milk.

Yogurt & Granola

Fruit flavored yogurt and homemade granola

Power Pack

Fruit granola bar and hard-cooked egg

Cereal

Variety of dry cereals

Sunbutter Sandwich

Made on Little Red Hen Bakery Bread. Peanut and Tree Nut Free

LUNCH

All options are offered with our salad bar and milk

Daily Entree

Our daily offering of scratch-made meals.

Sunbutter Sandwich

Made on Little Red Hen Bakery Bread. Peanut and Tree Nut Free

Deli Kit

Little Red Hen Bakery Roll, sliced turkey and a cheese stick

Monday

Tuesday

Wednesday

Thursday

Friday

NEW DAILY HOT BREAKFAST MENU

Check out these new items that will be available every day!

Egg and Cheese Sandwich

Toasted on an English Muffin

Breakfast Burrito

Meat, egg, cheese and rice toasted in a tortilla

Homemade Muffin

Rotating flavors of student favorites

5 BREAKFAST
New Daily Hot Menu

LUNCH 

Toasted Meatloaf Sandwich with Mozzarella

6 BREAKFAST
New Daily Hot Menu

LUNCH  

Pork and Bean Quesadilla with Salsa, Lettuce, and Sour Cream

7 BREAKFAST
New Daily Hot Menu

LUNCH 

Hamburger with Potatoes and Creamy Coleslaw

8 BREAKFAST
New Daily Hot Menu

LUNCH  

Chicken Alfredo over Pasta

9 BREAKFAST
New Daily Hot Menu

LUNCH  

Cheese Pizza with Build Your Own Toppings

12 BREAKFAST
New Daily Hot Menu

LUNCH   

Grilled Cheese and Tomato Soup

13 BREAKFAST
New Daily Hot Menu

LUNCH  

Beef and Bean Taco with Salsa, Lettuce and Sour Cream

14 BREAKFAST
New Daily Hot Menu

LUNCH  

Zuppa Toscana Soup with Cheese Stick and Warm Pretzel

15 BREAKFAST
New Daily Hot Menu

LUNCH   

Cauliflower Mac n' Cheese and Yogurt

16 BREAKFAST
New Daily Hot Menu

LUNCH 

Raspberry Barbeque Salmon with Rice and Roasted Broccoli

19
Presidents Day

No School

20 BREAKFAST
New Daily Hot Menu

LUNCH  

Beef and Bean Nachos

21 BREAKFAST
New Daily Hot Menu

LUNCH 

Chicken Tender with Roasted Potatoes and Broccoli

22 BREAKFAST
New Daily Hot Menu

LUNCH  

Pasta with Salmon (optional), Marinara and Mozzarella

23 BREAKFAST
New Daily Hot Menu

LUNCH  

Cheese Pizza with Build Your Own Toppings

26 BREAKFAST
New Daily Hot Menu

LUNCH 

Sloppy Bison Joe Sandwich

27 BREAKFAST
New Daily Hot Menu

LUNCH  

Pork and Bean Taco with Salsa, Lettuce and Sour Cream

28 BREAKFAST
New Daily Hot Menu

LUNCH   

Scenic Isle Farm **Hubbard Squash Soup** and Cornbread

29 BREAKFAST
New Daily Hot Menu

LUNCH  

Bell's Farm Beef Stroganoff over Pasta with Peas

March 1

Parent Teacher Conferences

No School



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option

COUPEVILLE SCHOOL DISTRICT

The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager



Over 30 people showed up for our sunny but chilly MLK Day Work Party! Together we:

- moved 10 yards of wood chips, completing our new welcome circle,
- disassembled over 350' of tomato trellis, reclaiming twine and moving last year's vines to the compost,
- disassembled 200' of cucumber trellis, which can now be moved to its 2024 spot

Be on the lookout for our March work party date and for monthly work parties after that! We will also be building our new caterpillar tunnels in the next couple of months -- if you'd like to help, please contact Farmer Arwen at anorman@coupeville.k12.wa.us

NEW DAILY HOT BREAKFAST MENU

BEGINS FEBRUARY 5th

Check out these new items that will be available every day!

Egg and Cheese Sandwich

Toasted on an English Muffin

Breakfast Burrito

Meat, egg, cheese and rice rolled in a tortilla

Homemade Muffin

Rotating flavors of student favorites

Connected Food Program

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@connectedfoodprogram1

www.coupeville.k12.wa.us/Page/105

www.schoolcafe.com/coupevillesd

From the Kitchen

Students will see many new food items in our cafeteria starting this month!

In response to student feedback, on February 5th we are rolling out new daily hot breakfast items at Coupeville Elementary. Check out our new options below and on the front of the menu!

The Washington State Local Foods for Schools program has begun, and Coupeville Schools has received at no cost over \$21,000 worth of Washington produced food for our students. Bison, salmon, frozen raspberries, cherries and apricots are just a few of the foods we are creatively integrating into our menus and salad bar. The WSDA Local Purchasing Grant is also now funding the purchase of Whidbey-grown food such as Bell's Farm beef and Little Red Hen bread. These producers work creatively to provide products and pricing that help us have the biggest impact.

We'll see you at breakfast and lunch!

- Laura Luginbill, Assistant Director

By the Numbers

196 Average daily student breakfasts in January

593 Average daily student lunches in January

450 Pounds of salmon received

1140 Pounds of raspberries received

300 Pounds of bison received

