

OCTOBER

BREAKFAST

All daily options are offered with fruit and milk.

Yogurt	Power Pack	Cereal	Sunbutter Sandwich
Fruit flavored yogurt and homemade granola	Fruit granola bar and hard-cooked egg	Variety of dry cereals	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	Sunbutter Sandwich	Deli Kit
Our daily offering of scratch-made meals.	Made on Little Red Hen Bakery Bread. Peanut and Tree Nut Free	Little Red Hen Bakery Roll, sliced turkey and a cheese stick

Monday

Tuesday

Wednesday

Thursday

Friday

2 BREAKFAST Daily Options <hr/> LUNCH   Chicken and School Farm Basil Flatbread Melt	3 BREAKFAST SPECIAL Morning Glory Muffin <hr/> LUNCH    Beef and Bean Taco with School Farm Salsa, Lettuce and Sour Cream	4 BREAKFAST Daily Options <hr/> LUNCH  Potato Corn Chowder with Ham, served with Warm Pretzel	5 BREAKFAST SPECIAL Banana Muffin <hr/> LUNCH    3 Sisters Farm Beef Meatballs over Pasta with School Farm Tomato Marinara	6 BREAKFAST Daily Options <hr/> LUNCH    Cheese Pizza with Build Your Own Toppings
9 BREAKFAST Daily Options <hr/> LUNCH   Pulled Pork Sandwich with School Farm Pickles	10 BREAKFAST SPECIAL Egg and Cheese Breakfast Sandwich <hr/> LUNCH   Beef and Bean Nachos	11 BREAKFAST Daily Options <hr/> LUNCH  Hamburger with Potatoes and Creamy Coleslaw	12 BREAKFAST SPECIAL Blueberry Muffin <hr/> LUNCH    Chicken Alfredo over Pasta	13 BREAKFAST Daily Options <hr/> LUNCH    Baked Potato with Beef Chili, Cheese and Broccoli
16 BREAKFAST Daily Options <hr/> LUNCH   Sloppy Joe Sandwich	17 BREAKFAST SPECIAL Ham and Cheese Biscuit <hr/> LUNCH    Beef and Bean Quesadilla with Salsa, Lettuce, and Sour Cream	18 BREAKFAST Daily Options <hr/> LUNCH   Chicken Tortilla Soup with Tortilla Chips and Cheese	19 BREAKFAST SPECIAL Raisin Bran Muffin <hr/> LUNCH    Pasta with Marinara and Mozzarella	20 BREAKFAST Daily Options <hr/> LUNCH    Cheese Pizza with Build Your Own Toppings
23 BREAKFAST Daily Options <hr/> LUNCH  Grilled Cheese and Tomato Soup	24 BREAKFAST SPECIAL Egg and Cheese Breakfast Sandwich <hr/> LUNCH    Pork and Bean Taco with Salsa, Lettuce and Sour Cream	25 BREAKFAST Daily Options <hr/> LUNCH Chicken Tender with Roasted Potatoes and Broccoli	26 BREAKFAST SPECIAL Blueberry Muffin <hr/> LUNCH   Cauliflower Mac n' Cheese and Yogurt	27 BREAKFAST Daily Options <hr/> LUNCH    Sweet Chicken and Veggie Curry over Rice
30 BREAKFAST Daily Options <hr/> LUNCH   Egg, Ham and Cheese Breakfast Sandwich	31 BREAKFAST SPECIAL Pumpkin Muffin <hr/> LUNCH   Pork and Bean Nachos	<div style="background-color: #2c3e50; color: white; padding: 10px; text-align: center;"> <p>TASTE WASHINGTON WEEK OCTOBER 2-6TH</p>  <p>HARVEST OF THE MONTH Tomatoes</p> </div>		



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

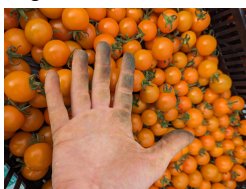
ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

When I harvest 3 or 4 crates of tomatoes on the school farm, which is a twice-weekly occurrence at peak season, my fingers turn greenish-black with a coating that takes several hand washings to clean off completely - the soap suds are bright yellow-green! I have been in -- and overheard -- several debates about the source of this stuff, and today I finally looked it up: it's a sap that comes out of tiny hollow hairs all over the plants, and it probably has to do with resisting and repelling insects and diseases. It's also the source of tomato plants' distinctive smell. Even though it's officially fall now, tomatoes from the farm will keep reminding us of summer for a few more weeks.



Veggies at the High School Salad Bar



Tomato sap hands!

Breakfast!

Daily breakfast is now available at Coupeville Elementary and we are thankful to all the staff, students and families who have supported this new program!

You will see new Breakfast Special items starting this month as we build off a solid start.

Breakfasts are free for all Coupeville Elementary students, beginning at 8:40 each morning.

Let us know what menu items you'd like to see for breakfast!



Breakfast Basket at Coupeville Elementary

Connected Food Program

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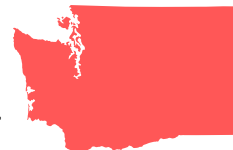
From the Kitchen

Happy Taste Washington Week!

During the first week of October, school districts around the state will serve meals from food grown on local farms or produced with Washington grown products. On Thursday, October 5th we will proudly serve 3 Sisters Farm meatballs with School Farm tomato marinara, and a salad bar full of School Farm veggies!

This time of year we serve local food *every day* and students can enjoy School Farm veggies on the salad bar and Little Red Hen Bakery rolls and bread, baked with grain grown right here on Ebey's Prairie. Connecting our students to their local food system is one way we support courageous and healthy eaters. We'll see you at breakfast and lunch!

- Laura Luginbill,
Assistant Food
Service Director



By the Numbers

- 227** Average daily student breakfasts in September
- 597** Average daily student lunches in September
- 762** Pounds of tomatoes harvested and served from the School Farm