

APRIL

Welcome to the Coupeville Middle and High School Connected Food Program!

Students may choose 1 of 4 daily options. All options come with Salad Bar and Milk.



Daily Entree

Our daily offering of scratch-made meals. Rice is always available as a grain alternative



Power Deli Kit

Sliced turkey, mozzarella cheese stick, egg and a warm Little Red Hen Bakery roll



Smoothie

Flavorful fruit and veg smoothies made with yogurt. Served with crackers



Caesar Salad

Fresh greens with chicken, croutons and homemade Caesar dressing.

Monday

Tuesday
































Wednesday

Thursday

Friday

April 1-5 Spring Break



<p>8 LUNCH  </p> <p>Grilled Cheese and Tomato Soup</p>	<p>9 LUNCH   </p> <p>Bell's Farm Beef and Bean Taco Cheese, with Salsa, Lettuce and Sour Cream</p>	<p>10 LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>11 LUNCH  </p> <p>Pasta with Bolognese Meat Sauce</p>	<p>12 LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>15 LUNCH </p> <p>Toasted Italian Sandwich</p>	<p>16 LUNCH  </p> <p>Chicken and Bean Quesadilla with Toppings</p>	<p>17 LUNCH </p> <p>Zuppa Toscana Soup with Warm Pretzel and Black Bean Brownie</p>	<p>18 LUNCH  </p> <p>Pasta with Marinara and Mozzarella and Peas</p>	<p>19 LUNCH </p> <p>Sweet n' Sour Roasted Chicken with Rice and Broccoli</p>
<p>22 LUNCH </p> <p>Warm Ham and Swiss Flatbread with Chicken and Rice Soup</p>	<p>23 LUNCH  </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>24 LUNCH </p> <p>Hamburger with Potatoes and Creamy Coleslaw</p>	<p>25 LUNCH   </p> <p>Chicken Alfredo over Pasta with School Farm Green Beans</p>	<p>26 LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>29 LUNCH </p> <p>Pulled Pork Sandwich on Ciabatta Roll</p>	<p>30 LUNCH   </p> <p>Bell's Farm Beef and Bean Nachos</p>	<p>SCHOOL FARM GROWN </p> <p>Spring is here and fresh veggies from the School Farm are just starting! Watch for these items on our menu and salad bar:</p> <ul style="list-style-type: none"> • Broccoli • Kale raab • Pea shoots • Lettuce 		



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

Kale was officially the harvest of the month in January, but I want to honor the plants that came through the winter now as they produce impressive quantities of leaves for kale chips and kale salad, and begin their final act of producing raab. I expected the cold to kill them, but instead they have rebounded to offer February and March abundance!



Connected Food Program

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From the Kitchen

Creating menus for the Connected Food Program is always a creative balancing act to provide our students with familiar favorites, meet mandated meal requirements, and keep things fresh and interesting with new items. The past two years we have been introducing lentil daal to students, as part of an initiative across the state to integrate plant-based meals into school menus.

We first trialed daal recipes with teachers and high school students, and then this past fall offered samples and a chance to vote to our elementary students. And finally, last month we served it on our school-wide menus as a main item, served with soft flatbread and a cheese stick, and filled out our salad bar with hard-cooked eggs and the usual fresh veggies, fruit and milk.

Out in the cafeteria I sat at a table with kindergarteners, and after a little encouragement, watched as five students at my table tried their daal and realize they liked it. Dipping your flatbread for the win! As a parent of young kids, I know that how we introduce new foods to students is so important, and that balancing our daily menu with plenty of familiar favorites ensures they have food to keep them full. We love to see our students grow their "food courage" and try new things!

- Laura Luginbill,
Assistant Food Service Director

ELEMENTARY LEADERSHIP CLUB HELPS REDUCE WASTE IN CAFETERIA

Unfinished milk thrown away in our cafeteria trash cans makes heavy and messy work for custodial staff at Coupeville Elementary. With the help of Leadership Club students, and a grant from the Washington State Department of Ecology, we now have milk disposal buckets at each cafeteria clean up station. Each bucket is poured down the drain, reducing the weight and risk of leaks. Thank you CES Leadership Club!

