



It's Taste Washington Week!

Check out Washington State Department of Agriculture's 'Taste Washington Day' site for more great recipes and activities.

****Free for all children up to 18 years****

COUPEVILLE CONNECTED FOOD PROGRAM

**Pre Order Pick Up -
Wednesday 7am -6pm
Open Pick Up -
Thursday 8am - 10am**

**Pre Order Form Available at
Connected Food Program Website**

360-678-2452 | WWW.COPEVILLE.K12.WA.US

OCTOBER 7-13 MEAL BOX Harvest of the Month: Apples!

BREAKFAST

All breakfasts come with fruit and milk.

Homemade Blueberry Muffin

Cereal Bowl

Oatmeal

House-made Granola with Yogurt

Otto's Blueberry Chocolate Cinnamon Roll

*Made with **Mutiny Bay Blueberries***

Recipe designed by our kitchen staff's littlest baker-in-training

****Menu Subject to Change****

LUNCH

All lunches come with fresh vegetables, fruit and milk.

3 Sisters Farm Meatloaf with Washington-Grown Zucchini over Pasta

Washington-Grown Broccoli Cheddar Soup with Caesar Salad and **Little Red Hen Bakery Roll**

Turkey and Cheese Sandwich with **Prairie Bottom Farm** Basil Pesto (Nut-Free)

*Served on **Little Red Hen Bakery Bread***

Stir-Fried Washington Veggies over Rice

Sunbutter and Raspberry Jam Sandwich

*Served on **Little Red Hen Bakery Bread***

****5-Day Meal Box: FREE for all children up to 18 years****

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