

# September 2019

# Coupeville Middle and High School Lunch Menu

## What else, you ask?

The following items will be available daily as main entrees:

### 1) Smoothies - 16 oz

*Berry Blast  
Green Machine*

### 2) Deli Sandwiches

*Turkey Havarti  
Egg Salad*


### 3) Signature Salad

*Chicken Caesar*

### 4) Fresh Salad and Fruit Bar

*Fresh and prepared fruits and vegetables, plus varying meat, eggs, cheese, and grains.*

Each item comes with milk, water and access to the salad and fruit bar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Southwest Pulled Pork served over Spanish Rice with Peppers and Onions	4 3 Sisters Beef Meatball Sub with Marinara and Summer Squash	5 Chicken Alfredo served over Penne with Roasted Broccoli	6 Grilled Cheese with Homemade Tomato Soup
9 Veggie Powerhouse Chili and Cornbread	10 Turkey and Refried Bean Soft Taco with, Cheese, Lettuce and Salsa	11 Creamy Polenta with Sausage, White Beans and Roasted Vegetables	12 Chicken Teriyaki Rice Bowl with Mixed Veggies	13 Beef Stew with Carrots, Green Beans and Bell's Farm Potatoes
16 Cauliflower Mac n' Cheese with Tomato Bean Salad	17 Chicken Quesadilla with Lettuce and Pico de Gallo	18 BBQ Pulled Pork Sandwich with Coleslaw and Baked Beans	19 3 Sisters Bolognese over Penne with Fresh Spinach Salad	20 Baked Chicken with Bell's Farm Mashed Potatoes and Green Beans
23 Garden Black Bean Burgers with Roasted Red Pepper Aioli	24 Nachos with Pulled Pork, Black Bean Salsa, and Cheese	25 Chicken Pesto Sandwich with Roasted Peppers and Mozzarella	26 Beef Stroganoff with Mushrooms over Egg Noodles	27 Bell's Farm Baked Potato with Chili, Cheese and Broccoli
30 Lentil, Kale and Sherman Farm Squash Stew with Dinner Roll	 <p>Harvest of the Month showcases one locally grown fruit or vegetable each month. Look for Harvest of the Month activities and tastings in the cafeteria, school gardens and classrooms!</p> <p>September's Harvest of the Month is <b>TOMATOES!</b></p>			

**Lunch Prices: Middle and High School Student: \$3.45 | Adult: \$5.00** All Lunch Entrees come with our salad bar, fresh fruit, and milk. Menu subject to change. Visit the Coupeville Connected Food Program website for meal prices and information about our free and reduced-price program at <http://www.coupeville.k12.wa.us> Contact Andreas Wurzrainer or Laura Luginbill at 360-678-2452, [awurzrainer@coupeville.k12.wa.us](mailto:awurzrainer@coupeville.k12.wa.us) | [lluginbill@coupeville.k12.wa.us](mailto:lluginbill@coupeville.k12.wa.us) with questions on the menu or food service program. Follow us on Facebook or Instagram @coupevilleconnectedfoodprogram

Coupeville School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The board designates the superintendent to serve as the district's coordinator regarding: Title IX, Section 504/ADA, Civil Rights Compliance, and to handle questions and investigate any complaints communicated to the district of alleged discrimination. Superintendent, 501 South Main Street, Coupeville, WA 98239, 360-678-2404