BREAKFAST

All daily options are offered with fruit, yogurt and milk.

Cold Food Line

Assorted Cereals Homemade Granola Sunbutter and Jam Sandwich Appleways Granola Bar

Hot Food Line

Homemade Muffin Egg and Cheese Sandwich Breakfast Burrito

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

April 1-5 **Spring Break**





BREAKFAST

Daily Menu

LUNCH @ 60

Grilled Cheese and Tomato Soup

BREAKFAST

Daily Menu

LUNCH @ 60



Bell's Farm Beef and Bean Taco with Cheese, Salsa, Lettuce and Sour Cream

BREAKFAST

Pancakes and Berry Sauce

LUNCH @



Chicken Tender with Roasted Potatoes and Broccoli

1 BREAKFAST

Daily Menu

LUNCH 🅶 🌕

Pasta with Boloanese Meat Sauce

DBREAKFAST

Daily Menu

LUNCH 6 00

Cheese Pizza with Build Your Own

Toppings

BREAKFAST

Daily Menu

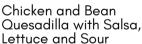


Pepperoni Pizza Sub'Sandwich

16 BREAKFAST

Daily Menu

LUNCH 🐠 🍈



Cream

BREAKFAST

Cheesy Biscuit and Sausage

LUNCH @

Zuppa Tuscana Soup with Warm Pretzel and Black Bean Brownie

18 BREAKFAST

Daily Menu



Pasta with Marinara and Mozzarella and Peas

10 BREAKFAST

Daily Menu

LUNCH @



Sweet n' Sour Roasted Chicken with Rice and Broccoli

BREAKFAST

Daily Menu

LUNCH @

Toasted Ham and Swiss Flatbread with Chicken and Rice Soup **BREAKFAST**

Daily Menu

LUNCH @ 69



Pork and Bean Taco with Cheese, Salsa, Lettuce and Sour C<u>ream</u>

BREAKFAST

Blueberry Baked Oatmeal

Potatoes and Creamy

LUNCH @

Hamburger with

Coleslaw

25 BREAKFAST

Daily Menu LUNCH 🚱 🔥 🙅

Chicken Alfredo over Pasta with School Farm Green Beans

26 BREAKFAST

Daily Menu

LUNCH @ 00



Cheese Pizza with Build Your Own **Toppings**

BREAKFAST

Daily Menu

LUNCH @

Pulled Pork Sandwich on Ciabatta Roll

BREAKFAST

Daily Menu

LUNCH @ 60 4

Bell's Farm Beef and Bean Nachos

FROM THE SCHOOL FARM

Spring is here and fresh veggies from the School Farm are just starting! Watch for these items on our menu and salad bar:

- Broccoli
- Kale raab
- Pea shoots
- Lettuce







Gluten-Free Option





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

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!







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!





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