BRE					LUNCH	
l daily options are of	fered with fruit and	milk.	All option			ad bar and milk
′ogurt & Power Granola Pack	Cereal Su Sa	inbutter indwich	Daily Ent	ree Sun	butter dwich	Deli Kit
uit flavored Fruit grand gurt and bar and ha memade cooked eg anola	ard- dry cereals Rec g Bre	de on Little d Hen Bakery ead. Peanut d Tree Nut Free	Our daily o of scratch-i meals.	made Hen E	on Little Red Bakery Bread. ut and Tree ree	Little Red Hen Bakery Roll, sliced turkey and a cheese stick
Monday	Tuesday	Wedn	esday	Thursd	ау	Friday
	IOT BREAKFA			CELEBRA		
	items that will be av	-		COUPEVIL		arent Teacher onferences
Egg and Cheese Sandwich	Breakfast Burrit	Muf		MUSSELF	F S T	o School
Toasted on an English Muffin	Meat, egg, cheese an rice toasted in a torti	0				
BREAKFAST	5 BREAKFAST	6 BREAKFA		BREAKFAST	8	BREAKFAST
Daily Hot Menu	Daily Hot Menu	Pancakes Berry Sau	ce	Daily Hot Menu		Daily Hot Menu
UNCH Թ 👻 Chicken Basil Melt on Flatbread	LUNCH G O 3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce and Sour Cream	Chowder, Cheese		LUNCH 🥶 🍼 🖄 Chicken Alfredo over Pasta with School Farm Green Beans		NCH 🕶 🍑 neese Pizza with ild Your Own ppings
BREAKFAST Daily Hot Menu	12 BREAKFAST Daily Hot Menu	13 BREAKE Sunbutter F Sticks with	13 BREAKFAST Sunbutter French Toast Sticks with Berry Sauce			BREAKFAST Daily Hot Menu
	LUNCH 📴 🌍	LUNCH @				ICH 🕫
Grilled Cheese and omato Soup	Bison and Bean Tacc with Salsa, Lettuce and Sour Cream	Roasted Pot	Chicken Tender with Roasted Potatoes and Broccoli			icken and getable Ramen
8 BREAKFAST Daily Hot Menu	BREAKFAST Daily Hot Menu	Cheesy Bi	20 BREAKFAST Cheesy Biscuit and Sausage			BREAKFAST Daily Hot Menu
UNCH @	LUNCH @	LUNCH @ 0		LUNCH 🐠 😚		NCH 📴 🍈
Pulled Pork Sandwich	Chicken and Bean Quesadilla with Toppings	with Chees	Lentil Daal Soup with Cheese stick and Flatbread		Bu	neese Pizza with ild Your Own ppings
5 BREAKFAST Daily Hot Menu	26 BREAKFAST Daily Hot Menu	Blueberr	27 BREAKFAST Blueberry Baked Oatmeal			BREAKFAST Daily Hot Menu
LUNCH (FF Chicken Gyro with Cucumber Tzatziki Gauce	LUNCH @ 🔭 Beef and Bean Nachos	LUNCH @ (Hamburger Potatoes ar	LUNCH @ Hamburger with Potatoes and Creamy Coleslaw		arinara Ye	ICH @ llow Curry with ef over Rice

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



Hap-pea almost spring from the school farm! Our grow light shelf is set up in the elementary cafeteria and the first seeds of the season -- peas planted by the first grade -- are sprouting.

Connected Food Program

Office: 360-678-2452 Andreas Wurzrainer, Food Service Director awurzrainer@coupeville.k12.wa.us Laura Luginbill, Assistant Director lluginbill@coupeville.k12.wa.us

@ @ connectedfoodprogram1 www.coupeville.k12.wa.us/Page/105 www.schoolcafe.com/coupevillesd

From the Kitchen

Salmon and Bison on the menu? What is happening? This school year the USDA is piloting a local food program. Offering locally sourced foods like sockeye salmon, ground bison, and frozen apricots and raspberries can introduce students to new flavors and healthier options. Those foods are completely free of charge to us and we were able to secure over \$8000 worth of local food for our students to try out.

It's fantastic to see the USDA and OSPI supporting such programs, enriching school menus and potentially inspiring lifelong healthy eating habits. What a great way to start 2024! It's a win-win situation for everyone involved!

We'll see you at breakfast and lunch!

- Andreas Wurzrainer, Food Service Director

By	the Numbers			
196	Average daily student breakfasts in January			
593	Average daily student lunches in January			
450	Pounds of salmon received			
1140	Pounds of raspberries received			
300	Pounds of bison received			

NEW DAILY HOT BREAKFAST MENU **BEGINS FEBRUARY 5th**

Check out these new items that will be available every day!

Egg and Cheese Sandwich

Toasted on an

English Muffin

Breakfast Burrito

HARVEST OF THE MONTH

Legumes

Homemade Muffin

Meat, egg, cheese and rice rolled in a tortilla

Rotating flavors of student favorites

