

MAY

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

Our daily offering of scratch-made meals.

Sunbutter Sandwich

Made on Little Red Hen Bakery Bread.
Peanut and Tree Nut Free

Deli Kit

Little Red Hen Bakery Roll, sliced turkey and a cheese stick

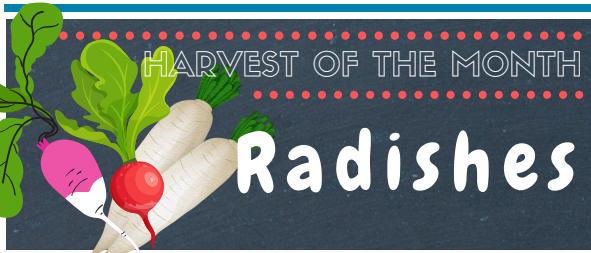
Monday

Tuesday

Wednesday

Thursday

Friday



1 BREAKFAST Pancakes and Berry Sauce LUNCH Salmon Chowder with Cornbread and Cheese Stick		2 BREAKFAST Daily Hot Menu LUNCH Chicken and Vegetable Yakisoba		3 BREAKFAST Daily Hot Menu LUNCH Cheese Pizza with Build Your Own Toppings	
6 BREAKFAST Daily Hot Menu LUNCH Grilled Cheese and Tomato Soup	7 BREAKFAST Daily Hot Menu LUNCH Chicken and Bean Taco with Salsa, Lettuce and Sour Cream	8 BREAKFAST Cheesy Biscuit and Sausage LUNCH Chicken Tender with Roasted Potatoes and Broccoli	9 BREAKFAST Daily Hot Menu LUNCH Pasta with Bolognese Sauce	10 BREAKFAST Daily Hot Menu LUNCH Baked Potato with Bison Chili and Cheese	13 BREAKFAST Daily Hot Menu LUNCH Pepperoni Pizza Sub Sandwich
14 BREAKFAST Daily Hot Menu LUNCH Beef and Bean Taco with Salsa, Lettuce and Sour Cream	15 BREAKFAST Sunbutter French Toast Sticks LUNCH Chicken Tortilla Soup with Tortilla Chips and Guacamole	16 BREAKFAST Daily Hot Menu LUNCH Chicken Alfredo over Pasta with Green Beans	17 BREAKFAST Daily Hot Menu LUNCH Cheese Pizza with Build Your Own Toppings	20 BREAKFAST Daily Hot Menu LUNCH Chicken Basil Flatbread with Tomato Pasta Soup (Pasta e Ceci)	21 BREAKFAST Daily Hot Menu LUNCH Pork and Bean Quesadilla with Toppings
22 BREAKFAST Baked Oatmeal with Berries LUNCH Hamburger with Potatoes and Creamy Coleslaw	23 BREAKFAST Daily Hot Menu LUNCH Cauliflower Mac n' Cheese with Yogurt	24 BREAKFAST Daily Hot Menu LUNCH Beef Curry with Rice	27 Memorial Day No School	28 BREAKFAST Daily Hot Menu LUNCH Beef and Bean Nachos	29 BREAKFAST Fruit and Yogurt Parfait with Granola LUNCH Boin's Beans Zuppa Toscana Soup with Cheese Stick and Pretzel
30 BREAKFAST Daily Hot Menu LUNCH Bell's Farm Beef Stroganoff over Pasta with Peas	31 BREAKFAST Daily Hot Menu LUNCH Cheese Pizza with Build Your Own Toppings				



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

Finally, some sunshine! The crops you can see in this photo (Napa cabbage, broccoli, and kale) have at least doubled in size since this day in early April when we weeded them. That's the way it's supposed to work! The goal is to serve these crops plus carrots, peas, and lettuce before the end of the school year and I think our timing is looking good.



BOIN'S BEANS!

The annual tradition of serving "Boin's Beans" is happening once again! Created in partnership with Coupeville Elementary 4th grade science teacher, Ms. Boin (hence the name), our 4th grade students plant Orca and Rockwell dry beans at the School Farm in the Spring and when they return as 5th graders, they harvest those beans in the Fall. During the winter months, 5th graders thresh the beans by crushing the dried plants on a tarp, releasing the beans from their pods. Those beans are now ready for the Connected Food Program, and we will have them for lunch in our "Zuppa Toscana" soup on Wednesday, May 29th. This tradition that spans grade levels, and directly ties our classrooms and cafeterias, is just one example of how Coupeville's Farm to School program completes the circle from classroom to farm to cafeteria!



Connected Food Program

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www.schoolcafe.com/coupevillesd

From the Kitchen

May is the month of Mothers Day and I would like to take this opportunity to talk about all the amazing mothers I get to work with every day. They show up every day to serve our students with warmth, joy and always a smile.

I am constantly amazed how they juggle their personal lives with their work lives, and I love to see how much their work means to them. They know what they do makes a difference each and every single day in our students lives, and they do it with such care and grace.

Here is to celebrate the incredible moms and women everywhere who selflessly show up, invest in, nurture and care for children each and every day.

Happy Mothers Day!

- Andreas Wurzrainer,
Food Service Director

By the Numbers

590 Average daily student lunches in April

186 Average daily elementary student breakfasts in April

\$87,000 Grant awards received this school year to fund replacement equipment, local food purchases, and the School Farm