

# NOVEMBER

## BREAKFAST

All daily options are offered with fruit and milk.

<b>Yogurt</b>	<b>Power Pack</b>	<b>Cereal</b>	<b>Sunbutter Sandwich</b>
Fruit flavored yogurt and homemade granola	Fruit granola bar and hard-cooked egg	Variety of dry cereals	Made on Little Red Hen Bakery Bread. Peanut and Tree Nut Free

## LUNCH

All options are offered with our salad bar and milk

<b>Daily Entree</b>	<b>Sunbutter Sandwich</b>	<b>Deli Kit</b>
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**

 <p><b>HARVEST OF THE MONTH</b> <b>Carrots</b></p>		<p><b>1</b></p> <p>Fall Conferences</p>	<p><b>2</b></p> <p>Fall Conferences</p>	<p><b>3</b></p> <p>Fall Conferences</p>
<p><b>6</b> BREAKFAST Blueberry Muffin</p> <p>LUNCH  </p> <p>Chicken and Basil Flatbread Melt</p>	<p><b>7</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Beef and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p><b>8</b> BREAKFAST Homemade Cinnamon Rolls </p> <p>LUNCH </p> <p>Hamburger with Potatoes and Creamy Coleslaw</p>	<p><b>9</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Chicken Alfredo over Pasta</p>	<p><b>10</b></p> <p>Veterans Day</p>
<p><b>13</b> BREAKFAST Ham and Cheese Biscuit</p> <p>LUNCH  </p> <p>Toasted Ham and Cheese Sandwich</p>	<p><b>14</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Beef and Bean Nachos</p>	<p><b>15</b> BREAKFAST Egg and Cheese Breakfast Sandwich</p> <p>LUNCH </p> <p>Chicken and Rice Soup with Warm Pretzel and Fruit Yogurt</p>	<p><b>16</b> BREAKFAST Banana Muffin</p> <p>LUNCH</p> <p>Beef Stroganoff with Peas</p>	<p><b>17</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p><b>20</b> BREAKFAST Banana Muffin</p> <p>LUNCH  </p> <p>Sloppy Joe Sandwich with School Farm Pickles</p>	<p><b>21</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Chicken and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p><b>22</b></p> <p>Thanksgiving Break</p>	<p><b>23</b></p> <p>Thanksgiving Break</p>	<p><b>24</b></p> <p>Thanksgiving Break</p>
<p><b>27</b> BREAKFAST Morning Glory Muffin</p> <p>LUNCH  </p> <p>Grilled Cheese and Tomato Soup</p>	<p><b>28</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Pork and Bean Quesadilla with Toppings</p>	<p><b>29</b> BREAKFAST Egg and Cheese Breakfast Sandwich</p> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p><b>30</b> BREAKFAST Pumpkin Muffin</p> <p>LUNCH  </p> <p>Pasta with Chicken, Marinara and Mozzarella</p>	<p><b>Dec 1</b> BREAKFAST Daily Options</p> <p>LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>



# The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

## ON THE SCHOOL FARM

Arwen Norman, School Farm Manager



Snacking in the  
tomato tunnel



Kindergarten  
Pumpkin Patch!

### Fall 2023 School Farm Harvest Record

- Basil: 13 pounds
- Carrots: 191 pounds
- Celery: 40 pounds
- Corn: 194 pounds
- Cucumbers: 605 pounds
- Kale: 34 pounds
- Peppers: 62 pounds
- Tomatoes: 995 pounds

**Total Pounds: 2,133**

## Meet Spencer

For our Middle and High School students, Spencer Peet was a familiar face serving lunch every day. His empathy and love for our teenagers showed in how he greeted each student, and the care he took to talk and listen. Spencer retired as an Assistant Cook in April 2023, which our Connected Food Program team felt immediately. As our prep cook, kitchen DJ, and all around positive force, he was an integral part of our team.

Fast forward to this school year, and the Connected Food Program was one of 35 districts in Washington State to be awarded an Equipment Assistance Grant, funding the purchase of a new Robot Coupe CL55 industrial food processor. This machine can dice, shred, and puree a case of vegetables in minutes. It only seemed fitting that we name such a workhorse in the kitchen as "Spencer", after the man who contributed so much to this program. Check out videos of "Spencer" in action on the Connected Food Program Facebook and Instagram pages!



## Connected Food Program

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[www.coupeville.k12.wa.us/Page/105](http://www.coupeville.k12.wa.us/Page/105)

[www.schoolcafe.com/coupevillesd](http://www.schoolcafe.com/coupevillesd)

## From the Kitchen

With the seasons changing rather rapidly, it seems like Thanksgiving is right around the corner. A good time to reflect, take stock and be grateful. I am grateful for the continued support our program has received. I am approaching almost 40 years of working in commercial kitchens and can honestly say the work and impact we are having in our school community and beyond has easily been the most rewarding part of my career. This community I have called home for well over 20 years never ceases to amaze me.

Despite many difficult decisions that had to be made and continue to impact all of us, I know one thing for sure: we all care deeply about the success and health of our children and for that I am incredibly grateful. I am grateful for our food service staff, our school staff, our local farming community, farm to school and all other organizations that help to contribute to our students' success on a daily basis and of course you, our families!

- Andreas Wurzrainer,  
Food Service Director

## By the Numbers

215	Average daily student breakfasts in October
596	Average daily student lunches in October
3600	Slices of Little Red Hen Bakery's sandwich bread served to students this school year