

SEPTEMBER

Welcome to the Coupeville Middle and High School Connected Food Program!

Students may choose 1 of 4 daily options. All options come with Salad Bar and Milk.



Daily Entree

Our daily offering of scratch-made meals. Rice is always available as a grain alternative



Power Deli Kit

Sliced turkey, mozzarella cheese stick, egg and a warm Little Red Hen Bakery roll



Smoothie

Flavorful fruit and veg smoothies made with yogurt. Served with crackers



Caesar Salad

Fresh greens with chicken, croutons and homemade Caesar dressing.



Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>Labor Day No School</p> | <p>5 </p> <p>Beef and Bean Taco with Salsa, Lettuce and Sour Cream</p> | <p>6 </p> <p>Chicken and Rice Soup with Warm Pretzel</p> | <p>7 </p> <p>Chicken Alfredo over Pasta</p> | <p>8 </p> <p>Cheese Pizza with Build Your Own Toppings</p> |
| <p>11 </p> <p>BBQ Pulled Pork Sandwich with School Farm Pickles</p> | <p>12 </p> <p>Beef and Bean Nachos</p> | <p>13 </p> <p>Hamburger with Sweet Potatoes and Creamy Coleslaw</p> | <p>14 </p> <p>Pasta with Marinara and Mozzarella</p> | <p>15 </p> <p>Sweet Chicken and Veggie Curry over Rice</p> |
| <p>18 </p> <p>Grilled Cheese and Tomato Soup</p> | <p>19 </p> <p>Chicken and Bean Quesadilla with Salsa, Lettuce, and Sour Cream</p> | <p>20 </p> <p>Zuppa Toscana Soup with Flatbread and Cheesestick</p> | <p>21 </p> <p>Cauliflower Mac n' Cheese and Yogurt</p> | <p>22 </p> <p>Cheese Pizza with Build Your Own Toppings</p> |
| <p>25 </p> <p>Chicken Gyro with Tzatziki Cucumber Sauce</p> | <p>26 </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p> | <p>27</p> <p>Chicken Tenders with Roasted Potatoes and Broccoli</p> | <p>28 </p> <p>Beef Bolognese Sauce over Pasta</p> | <p>29 </p> <p>Chicken Teriyaki Rice Bowl</p> |



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

WELCOME ARWEN NORMAN!



We are thrilled to welcome Arwen Norman as our new School Farm Manager. This position is made possible by a grant from Coupeville Farm to School.

Arwen studied biology at the University of Washington, and concluded that more ecologists need to be involved in sustainable food production. She pursued a hands-on farming education through several internships in western Washington, eventually moving to Whidbey in 2014 to help run SkyRoot Farm. In addition to building soil and becoming locally famous for lettuce at the Bayview Farmers Market, they trained interns and regularly hosted college classes. She's excited to continue to combine farming and education at the Coupeville School Farm.

All students enrolled in Coupeville Elementary School can receive breakfast and lunch each school day, at no charge during the 2023-2024 school year. A new Washington state law requires that all elementary schools with >40% of their students qualifying for Free or Reduced price lunch offer free breakfast and lunch to all students. **We strongly encourage families that feel they may qualify to fill out the Free and Reduced Lunch application.** By doing so, our school may be able to continue qualifying to offer this free breakfast and lunch benefit in future school years. Applications are required to be filled out each school year and/or when transferring into a new school. Applications are available on our website and in our school office.

Connected Food Program

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www.schoolcafe.com/coupevillesd

From the Kitchen

A heartfelt welcome back from your Connected Food Team! We are excited to introduce our monthly "Kitchen Sink" column to share fun and relevant information from the kitchen and school farm, providing a better view into YOUR kitchen.

Our most exciting change this year is that breakfast and lunches are free of charge to elementary students this year! We also heard from our students and you'll see a few new items on our menus. We continue to evolve to meet the needs of our school community, and remain committed to serving scratch-made, healthy, delicious food to help all our students thrive.

We are looking forward to a great school year and can't wait to see familiar and new faces on our first day of school!

- Andreas Wurzrainer,
Food Service Director

By the Numbers

- 525** Average daily student lunches during 22-23 school year
- 5353** Total number of adult meals served in 22-23 school year
- \$1.64** Average food cost per lunch during the 22-23 school year
- 250** pounds of School Farm cucumbers pickled for this year