

DECEMBER

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



				1
				Cheese Pizza with Build Your Own Toppings
4	5	6	7	8
LUNCH Pulled Pork Sandwich with School Farm Pickles	LUNCH Beef and Bean Nachos	LUNCH Hamburger with Sweet Potato Tots and Creamy Coleslaw	LUNCH Cauliflower Mac n' Cheese	LUNCH Chicken and Vegetable Ramen Noodle Bowl
11	12	13	14	15
LUNCH Chicken Gyro with Cucumber Yogurt Tzatziki	LUNCH Pork and Bean Taco with Salsa, Lettuce and Sour Cream	LUNCH Chicken and Leek Tortilla Soup with Tortilla Chips and Yogurt	LUNCH Chicken Alfredo over Pasta	LUNCH Cheese Pizza with Build Your Own Toppings

Winter Break
December 18 - January 1



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

Arwen Norman, School Farm Manager



In our final fall week of classes at the farm, the weather forecast showed frost just a day or two away. We talked about this landmark event on the farm and said goodbye to the outdoor tomatoes together. Talking about the last farm visit of the year also highlighted the different definitions of "new year" that students are exposed to - many of them immediately thought of the next grade level rather than spring of 2024. As a school farmer I hold both the school schedule and the cycle of the seasons as I plan the farm. The start of the school year is certainly a time of great excitement as the return of students coincides with the abundance of harvest season. And turning to a new calendar, coinciding as it does with lengthening days, is also a time of great anticipation. Seed catalogs are arriving... I'm also excited to get to know the Coupeville community more through volunteer days in the new year and am hoping to kick that off with an MLK Day of Service event at the school farm - pencil it in on your calendar!

DON'T YUCK MY YUM

We encourage all our students to be courageous eaters and open to trying new foods! For that to happen, students have to feel safe and confident, and we know that words matter. At Coupeville Elementary we partner with the Farm to School team to always promote word choices that don't shame or discourage others from enjoying their food.



Take a bite and decide:

"I love it", "I like it" or "It isn't for me".

Connected Food Program

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From the Kitchen

There is exciting news buzzing around the Connected Food Program this week! We have been awarded two grants totaling \$60,000 to support our commitment to teaching students about their local food system.

The Washington State Department of Agriculture Local Purchasing Grant provides \$20,000 to purchase directly from local farmers for our cafeterias. Our students will soon see new items on our menus such as Bell's Farm ground beef, Silva Family Farm blueberries and Penn Cove mussels.

The Washington State OSPI Outdoor Learning Grant will fund our School Farm Manager position and supplies to improve student spaces and walkways on the School Farm.

Coupeville School District has become a leader in the Farm to School movement, providing our students with the full opportunity grow, harvest and eat food right here at the school. We are thankful for each grant that makes this work possible!

- Laura Luginbill,
Assistant Food Service Director

By the Numbers

213 Average daily student breakfasts in November

558 Average daily student lunches in November