

# JANUARY



## LUNCH

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

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
<b>1</b> No School	<b>2</b> BREAKFAST Banana Chocolate Chip Muffin LUNCH Beef and Bean Taco with Salsa, Lettuce and Sour Cream	<b>3</b> BREAKFAST Daily Options LUNCH Chicken and Rice Soup with Warm Pretzel and Cheese Stick	<b>4</b> BREAKFAST Cheesy Biscuit with Sausage Link LUNCH Pasta with Chicken, Marinara and Mozzarella	<b>5</b> BREAKFAST Daily Options LUNCH Cheese Pizza with Build Your Own Toppings
<b>8</b> BREAKFAST Blueberry Muffin LUNCH Pulled Pork Sandwich with School Farm Pickles	<b>9</b> BREAKFAST Daily Options LUNCH Chicken and Bean Quesadilla with Salsa, Lettuce, and Sour Cream	<b>10</b> BREAKFAST Egg and Cheese Breakfast Sandwich LUNCH Hamburger with Potatoes and Creamy Coleslaw	<b>11</b> BREAKFAST Morning Glory Cream Cheese Muffin LUNCH Chicken Alfredo over Pasta	<b>12</b> BREAKFAST Daily Options LUNCH 3 Sisters Farm Hot Dog with Chili and Cheese (optional)
<b>15</b> No School	<b>16</b> BREAKFAST Pumpkin Muffin LUNCH Pork and Bean Taco with Salsa, Lettuce and Sour Cream	<b>17</b> BREAKFAST Egg and Cheese Breakfast Sandwich LUNCH Zuppa Toscana Soup with Warm Pretzel	<b>18</b> BREAKFAST Cheesy Biscuit with Sausage Link LUNCH 3 Sisters Farm Beef Meatballs over Pasta	<b>19</b> BREAKFAST Daily Options LUNCH Cheese Pizza with Build Your Own Toppings
<b>22</b> BREAKFAST Blueberry Muffin LUNCH Grilled Cheese and Tomato Soup	<b>23</b> BREAKFAST Daily Options LUNCH Beef and Bean Nachos	<b>24</b> BREAKFAST Egg and Cheese Breakfast Sandwich LUNCH Chicken Tender with Roasted Potatoes and Broccoli	<b>25</b> BREAKFAST Breakfast Burrito LUNCH Cauliflower Mac n' Cheese and Yogurt	<b>26</b> BREAKFAST Daily Options LUNCH Chicken and Veggie Curry over Rice
<b>29</b> BREAKFAST Cheesy Biscuit with Sausage Link LUNCH Chicken and School Farm Basil Flatbread Melt	<b>30</b> BREAKFAST Daily Options LUNCH Breaded Fish Taco with Lime Slaw and Salsa	<b>31</b> Morning Glory Cream Cheese Muffin LUNCH Salmon Potato Corn Chowder and Cornbread		



# The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

## ON THE SCHOOL FARM

**Arwen Norman**, School Farm Manager

**School Farm Work Party**  
**Monday, January 15 (MLK Jr Day)**  
**9:30am - 12:30pm**

December is a funny mix on the farm -- days are short and dormancy is the dominant theme, but at the same time it is an opportunity for farmers to plan and organize before lengthening days set up the ever-accelerating pace of spring. In addition to crop planning (spurred by the arrival of seed catalogs), **I've been planning for our work party from 9:30-12:30 on Monday, January 15th, Martin Luther King Jr. Day.** Please join us! Our main project will be spreading wood chips for our new welcome circle and pathways on the farm, part of the Outdoor Learning Grant we received last month, but there are other options as well. Please feel free to e-mail me if you have any questions: [anorman@coupeville.k12.wa.us](mailto:anorman@coupeville.k12.wa.us).

Save  
the  
date

## Connected Food Program

Office: 360-678-2452

Andreas Wurzrainer, Food Service Director

[awurzrainer@coupeville.k12.wa.us](mailto:awurzrainer@coupeville.k12.wa.us)

Laura Luginbill, Assistant Director

[lluginbill@coupeville.k12.wa.us](mailto:lluginbill@coupeville.k12.wa.us)

  @connectedfoodprogram1

[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

As we head into the New Year, I would like to talk about waste management and sustainability within the Connected Food program. Recently we received a \$4200 Waste Reduction grant from the Washington State Department of Ecology. This will fund a pilot program with Elementary Leadership students to help keep milk out of our trash cans. It also allows us to stock up on our reusable dishes and cutlery, and continue to keep a staggering amount of trash out of our garbage.

We regularly transform leftovers into salads and soups for our students to enjoy, which leaves us with virtually no food waste in our kitchen. Our vegetable waste composted on the School Farm for future use. Not only do these practices make sense and help save money, but they also show our students that we truly care about our environment and the planet we leave behind for them.

Enjoy your break and we can't wait to feed you in the New Year!

- Andreas, Food Service Director

## FALL SILVERWARE DRIVE!



Thank you Coupeville Elementary Leadership Club students for running the Fall Silverware Drive!

Your donation helps keep 4000 pieces of plastic cutlery out of the trash can each week!

## By the Numbers

**200** Average daily student breakfasts in December

**612** Average daily student lunches in December

**800** Number of forks and spoons kept out of the landfill each day