

# SEPTEMBER

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

## Welcome to the Coupeville Elementary Connected Food Program!

During the 23-24 school year, breakfast and lunch are **FREE** for all students at Coupeville Elementary.

Visit [www.coupeville.k12.wa.us/Page/105](http://www.coupeville.k12.wa.us/Page/105) for more information

HARVEST OF THE MONTH



# Cucumbers



# 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.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

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