

FEBRUARY

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	2
			LUNCH Bison Bolognese with Pasta	Half Day No Lunch Service
5	6	7	8	9
LUNCH Toasted Meatloaf Sandwich with Mozzarella	LUNCH Pork and Bean Quesadilla with Salsa, Lettuce, and Sour Cream	LUNCH Hamburger with Potatoes and Creamy Coleslaw	LUNCH Chicken Alfredo over Pasta	LUNCH Cheese Pizza with Build Your Own Toppings
12	13	14	15	16
LUNCH Grilled Cheese and Tomato Soup	LUNCH Beef and Bean Taco with Salsa, Lettuce and Sour Cream	LUNCH Zuppa Toscana Soup with Cheese Stick and Warm Pretzel	LUNCH Cauliflower Mac n' Cheese and Yogurt	LUNCH Raspberry Barbeque Salmon with Rice and Roasted Broccoli
19	20	21	22	23
Presidents Day No School	LUNCH Beef and Bean Nachos	LUNCH Chicken Tender with Roasted Potatoes and Broccoli	LUNCH Pasta with Salmon (optional), Marinara and Mozzarella	LUNCH Cheese Pizza with Build Your Own Toppings
26	27	28	29	March 1
LUNCH Sloppy Bison Joe Sandwich	LUNCH Pork and Bean Taco with Salsa, Lettuce and Sour Cream	LUNCH Scenic Isle Farm Hubbard Squash Soup and Cornbread	LUNCH Bell's Farm Beef Stroganoff over Pasta with Peas	Parent Teacher Conferences No School



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



Over 30 people showed up for our sunny but chilly MLK Day Work Party! Together we:

- moved 10 yards of wood chips, completing our new welcome circle,
- disassembled over 350' of tomato trellis, reclaiming twine and moving last year's vines to the compost,
- disassembled 200' of cucumber trellis, which can now be moved to its 2024 spot

Be on the lookout for our March work party date and for monthly work parties after that! We will also be building our new caterpillar tunnels in the next couple of months -- if you'd like to help, please contact Farmer Arwen at anorman@coupeville.k12.wa.us

NEW DAILY HOT BREAKFAST MENU

BEGINS FEBRUARY 5th

Check out these new items that will be available every day!

Egg and Cheese Sandwich

Toasted on an English Muffin

Breakfast Burrito

Meat, egg, cheese and rice rolled in a tortilla

Homemade Muffin

Rotating flavors of student favorites

Connected Food Program

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www.coupeville.k12.wa.us/Page/105

www.schoolcafe.com/coupevillesd

From the Kitchen

Students will see many new food items in our cafeteria starting this month!

In response to student feedback, on February 5th we are rolling out new daily hot breakfast items at Coupeville Elementary. Check out our new options below and on the front of the menu!

The Washington State Local Foods for Schools program has begun, and Coupeville Schools has received at no cost over \$21,000 worth of Washington produced food for our students. Bison, salmon, frozen raspberries, cherries and apricots are just a few of the foods we are creatively integrating into our menus and salad bar. The WSDA Local Purchasing Grant is also now funding the purchase of Whidbey-grown food such as Bell's Farm beef and Little Red Hen bread. These producers work creatively to provide products and pricing that help us have the biggest impact.

We'll see you at breakfast and lunch!

- Laura Luginbill, Assistant Director

By the Numbers

196 Average daily student breakfasts in January

593 Average daily student lunches in January

450 Pounds of salmon received

1140 Pounds of raspberries received

300 Pounds of bison received

