

# SEPTEMBER

## ELEMENTARY BREAKFAST

All daily options are offered with fruit and milk.

### Cold Food Line

Assorted Cereals  
Fruit and Yogurt Parfait  
Sunbutter and Jam Sandwich  
Appleways Granola Bar

### Hot Food Line

Breakfast Special Item  
Egg and Cheese Sandwich  
Breakfast Burrito

## ELEMENTARY LUNCH

All options are offered with our salad bar and milk

### Daily Entree

Our daily offering of scratch-made meals.

### Sunbutter Sandwich

Made on Little Red Hen Bakery Bread.  
\*Peanut and Tree Nut Free

### Deli Kit

Little Red Hen Bakery Roll, sliced turkey and a cheese stick






















































### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>Labor Day</b> <b>No School</b>	<b>3 BREAKFAST</b> Zucchini Chocolate Chip Muffin <b>LUNCH</b>    Beef and Bean Taco with Salsa, Lettuce, Sour Cream	<b>4 BREAKFAST</b> Pancakes with Berry Syrup <b>LUNCH</b>  Chicken and Rice Soup with Warm Pretzel and Cheese stick	<b>5 BREAKFAST</b> Banana Crumble Muffin <b>LUNCH</b>   Chicken Alfredo over Pasta with Peas	<b>6 BREAKFAST</b> Banana Crumble Muffin <b>LUNCH</b>   Cheese Pizza with Build Your Own Toppings
<b>9 BREAKFAST</b> Blueberry Muffin <b>LUNCH</b>   BBQ Pulled Pork Sandwich with <b>Pickles</b>	<b>10 BREAKFAST</b> Blueberry Muffin <b>LUNCH</b>    Beef and Bean Nachos with Salsa, Lettuce and Sour Cream	<b>11 BREAKFAST</b> Maple Oatmeal <b>LUNCH</b>  Chicken Tender with Roasted Potatoes and Broccoli	<b>12 BREAKFAST</b> Carrot Cream Cheese Muffin <b>LUNCH</b>    Cauliflower Mac n' Cheese and Yogurt	<b>13 BREAKFAST</b> Carrot Cream Cheese Muffin <b>LUNCH</b>    Chicken and Vegetable Yakisoba Noodles
<b>16 BREAKFAST</b> Cherry Oat Bran Muffin <b>LUNCH</b>    Grilled Cheese and Tomato Soup	<b>17 BREAKFAST</b> Cherry Oat Bran Muffin <b>LUNCH</b>    Pork and Bean Taco with Salsa, Lettuce, Sour Cream	<b>18 BREAKFAST</b> Sausage Links and Potatoes <b>LUNCH</b>   Zuppa Toscana Soup with Flatbread and Cheesestick	<b>19 BREAKFAST</b> Lemon Poppyseed Muffin <b>LUNCH</b>    3 Sisters Beef Bolognese Sauce over Pasta	<b>20 BREAKFAST</b> Lemon Poppyseed Muffin <b>LUNCH</b>    Cheese Pizza with Build Your Own Toppings
<b>23 BREAKFAST</b> Zucchini Chocolate Chip Muffin <b>LUNCH</b>    Chicken Gyro with <b>Tzatziki Cucumber Sauce</b>	<b>24 BREAKFAST</b> Zucchini Chocolate Chip Muffin <b>LUNCH</b>    Beef and Bean Quesadilla with Salsa, Lettuce, Sour Cream	<b>25 BREAKFAST</b> Pancakes with Berry Syrup <b>LUNCH</b>    3 Sisters Farm Hamburger with Sweet Potatoes and Creamy Coleslaw	<b>26 BREAKFAST</b> Pumpkin Streusel Muffin <b>LUNCH</b>   Pasta with Marinara and Mozzarella	<b>27 BREAKFAST</b> Pumpkin Streusel Muffin <b>LUNCH</b>    Chicken and Veggie Ramen
<b>30 BREAKFAST</b> Banana Crumble Muffin <b>LUNCH</b>    Toasted Turkey and Cheese on Whidbey Island Bagel	<b>Welcome to the Coupeville Elementary Connected Food Program!</b> <b>FOR MORE INFORMATION</b> Visit <a href="http://www.coupeville.k12.wa.us/departments/food-service">www.coupeville.k12.wa.us/departments/food-service</a> Questions? Contact Laura Luginbill, Assistant Food Service Director <a href="mailto:lluginbill@coupeville.k12.wa.us">lluginbill@coupeville.k12.wa.us</a>   360-678-2452   @connectedfoodprogram1			

### 2024-25 MEAL PRICES

Student Breakfast/Lunch: Free  
Student 2nd Lunch Entree: \$2.00  
Milk only: \$0.50  
Guest Breakfast: \$3.00  
Guest Lunch: \$6.00



**School Farm Grown**



**Locally Grown or Produced**



**Gluten-Free Option**



**Vegetarian Option**



Coupeville School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The board designates the superintendent to serve as the district's coordinator regarding: Title IX, Section 504/ADA, Civil Rights Compliance, and to handle questions and investigate any complaints communicated to the district of alleged discrimination. Superintendent, 501 South Main Street, Coupeville, WA 98239, 360-678-2404

# The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

## ON THE SCHOOL FARM

Arwen Norman, School Farm Manager



We are anticipating abundant harvests this fall! Our Farm Team spent the summer tending crops and hosting students from many local organizations, including Coupeville Farm to School, DINO, and the Boys and Girls club.



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## FALL HARVEST CELEBRATION

Mark your calendars for an after school fall harvest celebration on Monday, September 23!

## Meal Price Updates

### Middle/High School

Lunch prices have not changed since 2018. In compliance with USDA requirements, the lunch rate for Middle and High School students has increased this year.

Student Lunch: \$3.85

Milk: \$0.50.

*a la carte* items: as priced

2nd Student Entree: \$3.00

Guest Meal: \$6.00

### Elementary

Elementary students may now purchase second entrees and milk.

Student Breakfast/Lunch: Free  
Milk: \$0.50

2nd Student Entree: \$2.00  
Guest: \$6.00

## 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/departments/food-service](http://www.coupeville.k12.wa.us/departments/food-service)

[www.schoolcafe.com/coupevillesd](http://www.schoolcafe.com/coupevillesd)

## From the Kitchen

Happy September! I hope you all had a wonderful summer and enjoyed our beautiful surroundings. We truly live in an amazing place. Please join me in warmly welcoming Shannon Leatherwood as she takes the helm in guiding our district into the future.

This summer, Coupeville Farm to School hosted a Sustainable Skills camp, where it was inspiring to see teenagers dive into our kitchen and create some fantastic foods. We have reclaimed our kitchen, and the Connected Food Program team is excited to welcome students back.

Come say hello at the upcoming Back to School Nights:

Middle/High: August 28, 6 - 7:30 PM

Elementary: August 29, 5 - 6:30 PM

Here's to a fantastic school year ahead!

Warm regards,  
Andreas

## HARVEST OF THE MONTH



## Cucumbers

## By the Numbers

23-24 Recap

**570** Average daily student lunches

**192** Average daily student breakfasts

**142,145**

Total number of meals served

**4,677**

Pounds of School Farm vegetables served in cafeteria