

SEPTEMBER

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

<p>Labor Day No School</p>	<p>3</p> <p>LUNCH   </p> <p>Beef and Bean Taco with Salsa, Lettuce, Sour Cream</p>	<p>4</p> <p>LUNCH </p> <p>Chicken and Rice Soup with Warm Pretzel and Cheese stick</p>	<p>5</p> <p>LUNCH  </p> <p>Chicken Alfredo over Pasta with Peas</p>	<p>6</p> <p>LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>9</p> <p>LUNCH  </p> <p>BBQ Pulled Pork Sandwich with School Farm Pickles</p>	<p>10</p> <p>LUNCH   </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>11</p> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>12</p> <p>LUNCH   </p> <p>Cauliflower Mac n' Cheese and Yogurt</p>	<p>13</p> <p>LUNCH   </p> <p>Chicken and Vegetable Yakisoba Noodles</p>
<p>16</p> <p>LUNCH   </p> <p>Grilled Cheese and Tomato Soup</p>	<p>17</p> <p>LUNCH   </p> <p>Pork and Bean Taco with Salsa, Lettuce, Sour Cream</p>	<p>18</p> <p>LUNCH  </p> <p>Zuppa Toscana Soup with Flatbread and Cheesestick</p>	<p>19</p> <p>LUNCH   </p> <p>3 Sisters Beef Bolognese Sauce over Pasta</p>	<p>20</p> <p>LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>23</p> <p>LUNCH   </p> <p>Chicken Gyro with Tzatziki Cucumber Sauce</p>	<p>24</p> <p>LUNCH   </p> <p>Beef and Bean Quesadilla with Salsa, Lettuce, Sour Cream</p>	<p>25</p> <p>LUNCH  </p> <p>3 Sisters Farm Hamburger with Potatoes and Creamy Coleslaw</p>	<p>26</p> <p>LUNCH  </p> <p>Pasta with Marinara and Mozzarella</p>	<p>27</p> <p>LUNCH   </p> <p>Chicken and Veggie Ramen</p>
<p>30</p> <p>LUNCH   </p> <p>Toasted Whidbey Island Bagel Breakfast Sandwich</p>	<p>Welcome to the Coupeville Middle/High Connected Food Program!</p> <p>FOR MORE INFORMATION</p> <p>Visit www.coupeville.k12.wa.us/departments/food-service Questions? Contact Andreas Wurzrainer, Food Service Director awurzrainer@coupeville.k12.wa.us 360-678-2452   @connectedfoodprogram1</p> <p>2024-25 MEAL PRICES</p> <p>Student Lunch: \$3.85 Student 2nd Lunch Entree: \$3.00 Milk only: \$0.50 Guest Lunch: \$6.00</p>			



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

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Laura Luginbill, Assistant Director

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connectedfoodprogram1

www.coupeville.k12.wa.us/departments/food-service

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