

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

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/Tree Nut Free

Deli Kit

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



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Labor Day No School</p>	<p>2 BREAKFAST Zucchini Chocolate Chip Muffin</p> <p>LUNCH    </p> <p>3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream</p>	<p>3 Pancakes with Berry Syrup</p> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>4 Banana Crumble Muffin</p> <p>LUNCH    </p> <p>Chicken Alfredo over Pasta with School Farm Green Beans</p>	<p>5 Whidbey Island Bagel and Cream Cheese</p> <p>LUNCH    </p> <p>Grilled Cheese and Tomato Soup</p>
<p>8 Triple Berry Muffin</p> <p>LUNCH  </p> <p>BBQ Pulled Pork Sandwich with School Farm Pickles</p>	<p>9 Triple Berry Muffin</p> <p>LUNCH    </p> <p>Chicken and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>10 Maple Oatmeal</p> <p>LUNCH </p> <p>Chicken and Rice Soup with Warm Pretzel and Cheese stick</p>	<p>11 Carrot Cream Cheese Muffin</p> <p>LUNCH    </p> <p>3 Sisters Farm Beef Bolognese Sauce over Pasta</p>	<p>12 Carrot Cream Cheese Muffin</p> <p>LUNCH    </p> <p>Cheese or Pepperoni Pizza</p>
<p>15 Lemon Poppyseed Muffin</p> <p>LUNCH   </p> <p>Toasted Turkey Pesto and Cheese Sandwich</p>	<p>16 Lemon Poppyseed Muffin</p> <p>LUNCH    </p> <p>3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream</p>	<p>17 Cinnamon Bread Pudding</p> <p>LUNCH </p> <p>Hamburger with Sweet Potato Tots and Creamy Coleslaw</p>	<p>18 Chef's Choice</p> <p>LUNCH  </p> <p>Pasta with Marinara and Mozzarella</p>	<p>19 Whidbey Island Bagel and Cream Cheese</p> <p>LUNCH    </p> <p>Chicken and Veggie Yakisoba</p>
<p>22 Zucchini Chocolate Chip Muffin</p> <p>LUNCH  </p> <p>Chicken Gyro on Flatbread with Tzatziki Cucumber Sauce (on side)</p>	<p>23 Zucchini Chocolate Chip Muffin</p> <p>LUNCH    </p> <p>Pork and Bean Quesadilla with Salsa, Lettuce, Sour Cream</p>	<p>24 Sausage Links and Potatoes</p> <p>LUNCH  </p> <p>Zuppa Toscana Soup with Garlic Bread and Cheese stick</p>	<p>25 Pumpkin Streusel Muffin</p> <p>LUNCH    </p> <p>Cauliflower Mac n' Cheese and Yogurt</p>	<p>26 Pumpkin Streusel Muffin</p> <p>LUNCH    </p> <p>Cheese or Pepperoni Pizza</p>
<p>29 Banana Crumble Muffin</p> <p>LUNCH    </p> <p>Grilled Cheese and Tomato Soup</p>	<p>30 Banana Crumble Muffin</p> <p>LUNCH    </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>Coupeville Elementary Connected Food Program 2025-26 MEAL PRICES</p> <p>Student Breakfast and Lunch: Free Guest Breakfast: \$2.25 Student 2nd Lunch Entree: \$2.00 Guest Lunch: \$6.00 Milk only: \$0.50</p>		



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's Summer Camps. We are excited to welcome back our students to lots of veggies like cherry tomatoes and cucumbers, and the popcorn is looking great for fall snacking!



2025-2026 Child Nutrition Eligibility & Education Benefit Application

Don't forget to complete an applications for Free or Reduced-Price Meals! Approved applications help keep Coupeville Elementary eligible for free meals for all students, fund other programs AND may waive other fees for your family. Applications must be renewed yearly.

It's more than a meal application.

Filling out the School Meal Application may help provide:

- Before and After School Academic & Enrichment Programs
- Free or Reduced Cost Meals for Students at Our School
- Fee Waivers for College Applications & Admissions tests
- Healthy & Nutritious Meals
- Guidance & College Counselors
- Health & Wellness Services
- Resources for Classrooms, Teachers, & Children

This organization is an equal opportunity employer.



How to Apply:
Printed Applications: Available at your school's office
Print Your Own:
www.coupeville.k12.wa.us/departments/food-service
Complete Online: Qmlativ Family Access under "Online Food Service Applications"

Connected Food Program

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  @connectedfoodprogram1
www.coupeville.k12.wa.us/departments/food-service
www.schoolcafe.com/coupevillesd

From the Kitchen

Welcome Back, Families! To all of our returning families and those joining us for the first time – welcome! We're so excited to start serving you again and have truly missed seeing your faces over the summer.

Last year, we launched a breakfast program at the secondary campus, and we're thrilled to offer breakfast at both campuses again. We hope you'll take advantage of this great opportunity to help students start their day off right.

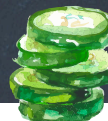
We also have some exciting program updates to share. Beginning this school year, Laura Luginbill, our longtime Assistant Director, will be stepping into the role of Food Service Director. Laura has been with me since we started this program six years ago, and her leadership, dedication, and vision have been instrumental in its growth. She is the perfect person to guide our team into the future.

As for me, I'll be transitioning into a new role as Chef/Production Supervisor. This shift will allow me to focus more deeply on improving our kitchen procedures and creating even stronger systems to support our staff and students. Together, we believe this new structure will build a sustainable model that ensures our program continues to thrive for years to come.

We're excited for what's ahead and can't wait to welcome everyone back on September 2nd!

With gratitude,
Andreas Wurzrainer

HARVEST OF THE MONTH



Cucumbers