

SEPTEMBER

BREAKFAST

Students may choose 1 hot or cold entree. All daily options are offered with fruit and milk.

Cold Food Entree

Assorted Cereals
Homemade Granola
Sunbutter and Jam Sandwich

Hot Food Entree

Rotating Special Item
Egg and Cheese Sandwich
Breakfast Burrito



Daily Entree

Our daily offering of scratch-made meals. Rice is always available as a grain alternative



Power Deli Kit

Sliced turkey, cheese stick, egg, fruit and a warm Little Red Hen Bakery roll

LUNCH



Smoothie

Flavorful fruit and veg smoothies made with yogurt. Served with chips/crackers



Caesar Salad

Fresh greens with chicken, croutons and homemade Caesar dressing.

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day No School	2 LUNCH 3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream	3 LUNCH Chicken Tender with Roasted Potatoes and Broccoli	4 LUNCH Chicken Alfredo over Pasta with School Farm Green Beans	5 LUNCH Grilled Cheese and Tomato Soup
8 LUNCH BBQ Pulled Pork Sandwich with School Farm Pickles	9 LUNCH Chicken and Bean Nachos with Salsa, Lettuce and Sour Cream	10 LUNCH Chicken and Rice Soup with Warm Pretzel and Cheese stick	11 LUNCH 3 Sisters Farm Beef Bolognese Sauce over Pasta	12 LUNCH Cheese or Pepperoni Pizza
15 LUNCH Toasted Turkey Pesto and Cheese Sandwich	16 LUNCH 3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream	17 LUNCH Hamburger with Sweet Potato Tots and Creamy Coleslaw	18 LUNCH Pasta with Marinara and Mozzarella	19 LUNCH Chicken and Veggie Yakisoba
22 LUNCH Chicken Gyro on Flatbread with Tzatziki Cucumber Sauce (on side)	23 LUNCH Pork and Bean Quesadilla with Salsa, Lettuce, Sour Cream	24 LUNCH Zuppa Toscana Soup with Garlic Bread and Cheese stick	25 LUNCH Cauliflower Mac n' Cheese and Yogurt	26 LUNCH Cheese or Pepperoni Pizza
29 LUNCH Grilled Cheese and Tomato Soup	30 LUNCH Beef and Bean Nachos with Salsa, Lettuce and Sour Cream	2025-2026 Middle/High School Meal Prices Student Breakfast: \$2.25 2nd Student Entree: \$3.00 Student Lunch: \$3.85 Staff/Guest Breakfast: \$2.25 Milk: \$0.50 Staff/Guest Lunch: \$6.00 <i>a la carte</i> items: as priced		



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

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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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.

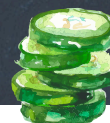
We also have some exciting program updates to share. Beginning this school year, Laura Luginbill, our longtime Assistant Director, will be stepping into the role of Food Service Director. Laura has been with me since we started this program six years ago, and her leadership, dedication, and vision have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