

OCTOBER

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

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



Oct 6 - 10
Coupeville
celebrates
local food with
school districts
across the state!

1 BREAKFAST
Cinnamon
Coffee Cake

LUNCH

Chicken Tender with
Roasted Potatoes
and Broccoli

2 Carrot Cream
Cheese Muffin

LUNCH

Pesto Cream Sauce
with Chicken and
Pasta

3 Whidbey Island Bagel
and Cream Cheese

LUNCH

Hot Dogs with Chili and
Cheese (optional)

6 Triple Berry Muffin

LUNCH

Warm Chicken
Caesar Flatbread

7 Triple Berry Muffin

LUNCH

3 Sisters Farm Beef
and Bean Taco
with Salsa, Lettuce
and Sour Cream

8 Sausage Link
and Potatoes

LUNCH

Salmon Corn Chowder
with Cornbread and
Cheese Stick

9 Carrot Cream
Cheese Muffin

LUNCH

Bison Meatballs over
Pasta with School
Farm Tomato
Marinara

10 Breakfast Burritos

LUNCH

Cheese or Pepperoni
Pizza made with Ebey
Road Farm Grain

13 Lemon Poppyseed
Muffin

LUNCH

Toasted Ham and
Cheese Sandwich

14 Lemon Poppyseed
Muffin

LUNCH

Pork and Bean
Quesadilla with Salsa,
Lettuce, and Sour
Cream

15 Maple Oatmeal

LUNCH

Hamburger with
Potatoes and
Creamy Coleslaw

16 Banana Crumble
Muffin

LUNCH

Chicken Alfredo
over Pasta

17 Whidbey Island Bagel
and Cream Cheese

LUNCH

Sweet Chicken and
Veggie Curry over
Rice

20 Zucchini
Chocolate Chip
Muffin

LUNCH

Sloppy Joe Sandwich
with School Farm
Pickles

21 Zucchini
Chocolate Chip
Muffin

LUNCH

Chicken and Bean
Taco with Salsa,
Lettuce and Sour
Cream

22 Pancakes with
Berry Syrup

LUNCH

Chicken Tortilla Soup
with Tortilla Chips
and Cheese

23 Chef's Choice

LUNCH

Cauliflower Mac n'
Cheese and Yogurt

24 Breakfast Burritos

LUNCH

Cheese or Pepperoni
Pizza made with Ebey
Road Farm Grain

27 Pumpkin Streusel
Muffin

LUNCH

Grilled Cheese and
Tomato Soup

28 Pumpkin Streusel
Muffin

LUNCH

Beef and Bean
Nachos with School
Farm Salsa

29

**Parent Teacher
Conferences**

No School

30

**Parent Teacher
Conferences**

No School

31

**Parent Teacher
Conferences**

No School



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM **Arwen Norman,** School Farm Manager

The first class to return to their spring-planted crop on the farm was 5th grade, who returned to harvest the dry beans they planted as 4th graders. These beans are well-known around here as Boin's Beans, thanks to Ms. Boin who started the tradition, and the two varieties are Orca and Rockwell. We cut the plants and stacked them to dry, and 5th graders will help thresh and winnow the crop later this fall so they can be used in a special batch of Zuppa Toscana!



TASTE
WASHINGTON
WEEK
OCTOBER 6-10TH

HARVEST OF THE MONTH



Tomatoes



Taste Washington Day is an annual celebration of Washington grown foods served in school meals during the fall harvest season. Coupeville joins hundreds of schools across Washington State in highlighting our local food and collaborating with Farm to School for special garden activities!

Connected Food Program

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From the Kitchen

Happy Taste Washington Week!

During the first week of October, school districts across Washington celebrate by serving meals featuring food grown on local farms or produced with Washington-grown products. Here in Coupeville, you'll find 3 Sisters Farm beef, salmon corn chowder, bison meatballs, and pizza made with wheat grown right here on Ebey's Reserve! This time of year, we serve local food every day—students can enjoy School Farm veggies on the salad bar and fresh rolls and bread from Little Red Hen Bakery. Connecting our students to their local food system is one way we support courageous and healthy eaters.

This year also brings a new chapter as I step into the role of Food Service Director, supported by an amazing Connected Food Program team. I'm thankful for Andreas' leadership over the past six years and look forward to building on that foundation together as we continue to grow and improve. On a personal note, my daughter Rosie started kindergarten this fall, joining her brother and me at Coupeville Elementary! We'll see you at breakfast and lunch!

- Laura Luginbill,
Food Service Director

