

# OCTOBER

## BREAKFAST

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

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

### Daily Entree

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

### Cold Food Entree

Assorted Cereals  
Homemade Granola  
Sunbutter and Jam Sandwich

### Hot Food Entree

Rotating Special Item  
Egg and Cheese Sandwich  
Breakfast Burrito

## LUNCH



### Power Deli Kit

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



### 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



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

**1**  
LUNCH   
Chicken Tender with Roasted Potatoes and Broccoli

**2**  
LUNCH      
Pesto Cream Sauce with Chicken and Pasta

**3**  
LUNCH    
Hot Dogs with Chili and Cheese (optional)

**6**  
LUNCH   
Warm Chicken Caesar Flatbread





**7**  
LUNCH      
3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce and Sour Cream

**8**  
LUNCH    
Salmon Corn Chowder with Cornbread and Cheese Stick

**9**  
LUNCH      
Bison Meatballs over Pasta with School Farm Tomato Marinara

**10**  
LUNCH      
Cheese or Pepperoni Pizza made with Ebey Road Farm Grain

**13**  
LUNCH     
Toasted Ham and Cheese Sandwich

**14**  
LUNCH      
Pork and Bean Quesadilla with Salsa, Lettuce, and Sour Cream

**15**  
LUNCH   
Hamburger with Potatoes and Creamy Coleslaw

**16**  
LUNCH    
Chicken Alfredo over Pasta




**17**  
LUNCH     
Sweet Chicken and Veggie Curry over Rice

**20**  
LUNCH     
Sloppy Joe Sandwich with School Farm Pickles

**21**  
LUNCH      
Chicken and Bean Taco with Salsa, Lettuce and Sour Cream

**22**  
LUNCH   
Chicken Tortilla Soup with Tortilla Chips and Cheese

**23**  
LUNCH    
Cauliflower Mac n' Cheese and Yogurt

**24**  
LUNCH     
Cheese or Pepperoni Pizza made with Ebey Road Farm Grain

**27**  
LUNCH     
Grilled Cheese and Tomato Soup

**28**  
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



**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

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

