

NOVEMBER

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

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



Thank you to all the students, staff and families that join us for breakfast and lunch each day!

<p>3 BREAKFAST Triple Berry Muffin</p> <hr/> <p>LUNCH  </p> <p>Chicken Gyro on Flatbread and Tzatziki (yogurt cucumber sauce)</p>	<p>4 Triple Berry Muffin</p> <hr/> <p>LUNCH  </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>5 Cinnamon Coffee Cake</p> <hr/> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>6 Cinnamon Pear Muffins</p> <hr/> <p>LUNCH </p> <p>Beef Stroganoff with Peas</p>	<p>7 Whidbey Island Bagel and Cream Cheese</p> <hr/> <p>LUNCH </p> <p>Indian Butter Chicken over Rice</p>
<p>10 Cinnamon Pear Muffins</p> <hr/> <p>LUNCH  </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>11</p> <p>Veterans Day</p>	<p>12 Potatoes, Egg and Sausage</p> <hr/> <p>LUNCH </p> <p>Chicken and Rice Soup with Warm Pretzel and Cheese stick</p>	<p>13 Carrot Muffins</p> <hr/> <p>LUNCH  </p> <p>Chicken Alfredo over Pasta with Roasted Carrots</p>	<p>14 Carrot Muffins</p> <hr/> <p>LUNCH  </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>17 Lemon Muffin</p> <hr/> <p>LUNCH   </p> <p>Grilled Cheese and Tomato Soup</p>	<p>18 Lemon Muffin</p> <hr/> <p>LUNCH  </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>19 Pancakes with Berry Syrup</p> <hr/> <p>LUNCH </p> <p>Hamburger with Potatoes and Roasted Broccoli</p>	<p>20 Zucchini Chocolate Chip Muffin</p> <hr/> <p>LUNCH  </p> <p>Pasta with Marinara and Mozzarella</p>	<p>21 Whidbey Island Bagel and Cream Cheese</p> <hr/> <p>LUNCH  </p> <p>Beef and Veggie Curry over Rice</p>
<p>24 Pumpkin Streusel Muffin</p> <hr/> <p>LUNCH  </p> <p>Pulled Pork Sandwich with Homemade Pickles</p>	<p>25 Pumpkin Streusel Muffin</p> <hr/> <p>LUNCH </p> <p>Beef and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>	<p>Thanksgiving Break</p>



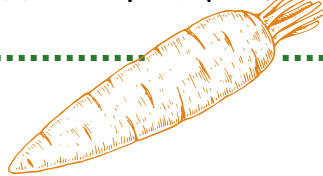
The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

Last month we featured our dry bean harvest, and this month we want to show off the popcorn harvested by third grade, who sowed the crop this past May. Our two varieties are Dakota Black and Cassiopeia – it is a surprise to unwrap the ears to see what color the kernels are. Storage crops allow us to bring the farm into the classroom during wet cold weather and eat farm snacks all year long.



3rd graders harvesting corn





Dakota Black and Cassiopeia corn

Connected Food Program

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From the Kitchen

Happy November! Over the past year and a half, our program has been working toward certification through Eat Real – a nonprofit organization that evaluates school meal programs and sets high standards for nutrition, sustainability, and food quality. We're proud to announce that we've officially earned Eat Real certification, making us the first school district in Washington State to achieve this honor! Eat Real representatives will join us at the November 13 School Board Meeting to celebrate and share why they believe our work is so meaningful.

In the spirit of Thanksgiving, I want to express my gratitude to our Connected Food staff for their tireless dedication to providing excellent meals for our students. I'd also like to thank district leadership, staff, families, and students – your support and enthusiasm make this work so rewarding. You are the reason we do what we do – and we are so thankful to serve you every day.

Warmly,
Andreas Wurzrainer

CORE ELEMENTS OF FARM to SCHOOL



Students engage in hands-on learning through gardening

SCHOOL GARDENS



• EDUCATION

Students participate in education activities related to agriculture, food, health or nutrition.

Local foods are purchased promoted and served in the cafeteria

• PROCUREMENT