

NOVEMBER

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



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

<p>3 LUNCH </p> <p>Chicken Gyro on Flatbread and Tzatziki (yogurt cucumber sauce)</p>	<p>4 LUNCH </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>5 LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>6 LUNCH </p> <p>Beef Stroganoff with Peas</p>	<p>7 LUNCH </p> <p>Indian Butter Chicken over Rice</p>
<p>10 LUNCH </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>11 Veterans Day</p>	<p>12 LUNCH </p> <p>Chicken and Rice Soup with Warm Pretzel and Cheese stick</p>	<p>13 LUNCH </p> <p>Chicken Alfredo over Pasta with Roasted Carrots</p>	<p>14 LUNCH </p> <p>Cheese Pizza with Build Your Own Toppings</p>
<p>17 LUNCH </p> <p>Grilled Cheese and Tomato Soup</p>	<p>18 LUNCH </p> <p>Beef and Bean Nachos with Salsa, Lettuce and Sour Cream</p>	<p>19 LUNCH </p> <p>Hamburger with Potatoes and Roasted Broccoli</p>	<p>20 LUNCH </p> <p>Pasta with Marinara and Mozzarella</p>	<p>21 LUNCH </p> <p>Beef and Veggie Curry over Rice</p>
<p>24 LUNCH </p> <p>Pulled Pork Sandwich with Homemade Pickles</p>	<p>25 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>



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



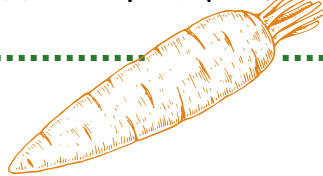
The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

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

Office: 360-678-2452

Laura Luginbill, Food Service Director
lluginbill@coupeville.k12.wa.us

Andreas Wurzrainer, Chef/Production Supervisor
awurzrainer@coupeville.k12.wa.us

  @connectedfoodprogram1
www.coupeville.k12.wa.us/Page/105
www.schoolcafe.com/coupevillesd

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



NATIONAL FARM to SCHOOL NETWORK

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