

DECEMBER

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
Breakfast Burrito

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
1 BREAKFAST Triple Berry Muffin LUNCH    Grilled Cheese and Tomato Soup	2 Triple Berry Muffin LUNCH   Pork Quesadilla with Lettuce and Salsa	3 Cinnamon Pear Muffins LUNCH  Hamburger with Potatoes and Creamy Coleslaw	4 Cinnamon Pear Muffins LUNCH   Chicken Alfredo over Pasta	5 Whidbey Island Bagels and Cream Cheese LUNCH   Beef and Veggie Yakisoba
8 Banana Crumble Muffin LUNCH  Chicken Basil Flatbread Sandwich	9 Banana Crumble Muffin LUNCH   Beef and Bean Nachos with Salsa and Sour Cream	10 Pancakes with Berry Syrup LUNCH  Chicken Tenders with Roasted Potatoes and Broccoli	11 Lemon Poppyseed Muffin LUNCH   Cauliflower Mac n' Cheese with side of yogurt	12 Lemon Poppyseed Muffin LUNCH    Cheese, Pepperoni or Supreme Pizza
15 Gingerbread Muffin LUNCH   Tuna Melt Sandwich on Croissant Bun	16 Gingerbread Muffin LUNCH   Beef and Bean Taco with Salsa, Lettuce and Sour Cream	17 Maple Oatmeal LUNCH  Lentil Sausage Soup with Warm Pretzel and Cheese Stick	18 Chef's Choice LUNCH   Pasta with Marinara and Mozzarella	19 Whidbey Island Bagels and Cream Cheese LUNCH    Hot Dogs with Beef Chili (on side)

Winter Break

December 22 - January 2





Coupeville School District

We've Achieved Eat Real Certified Green Status!

What is Eat Real Certification?
Eat Real's award-winning K-12 certification program provides Food Service leaders with the framework and support they need to make their school menus delicious, nutritious and planet-sustaining.





School Farm Grows



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM





Connected Food Program

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From the Kitchen

I'm thrilled to share some exciting news—Coupeville School District has officially earned the Eat Real Green Certification! We are now one of only ten districts in the entire country to have this certification. This recognition celebrates schools that serve fresh, scratch-made food, and it reflects so much of what we already care about here: feeding kids well, cooking from scratch, and supporting our local food economy. From local beef and lamb to prairie-grown wheat and Penn Cove mussels—and even student favorites like chicken tenders and alfredo—our menus reflect both our students and the incredible food grown and raised around us.

This certification also highlights the everyday work our kitchen team puts into making meals that are delicious, nourishing, and that teach our students about real food, where it comes from, and why it matters. I'm so proud of what we've built together, and I'm grateful for the students, families, staff, and community partners who help make it all possible. It's a meaningful milestone for our small district—and a reminder that good food is an important way to care for and connect with our kids.

- Laura Luginbill
Food Service Director

DON'T YUCK MY YUM 😊

We encourage all our students to be courageous eaters and open to trying new foods! For that to happen, students have to feel safe and confident, and we know that words matter. At Coupeville Elementary we partner with the Farm to School team to always promote word choices that don't shame or discourage others from enjoying their food.

Take a bite and decide:

"I love it", "I like it" or "It isn't for me".

