

DECEMBER

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
1 LUNCH    Grilled Cheese and Tomato Soup	2 LUNCH   Pork Quesadilla with Lettuce and Salsa	3 LUNCH  Hamburger with Potatoes and Creamy Coleslaw	4 LUNCH   Chicken Alfredo over Pasta	5 LUNCH   Beef and Veggie Yakisoba
8 LUNCH  Chicken Basil Flatbread Sandwich	9 LUNCH   Beef and Bean Nachos with Salsa and Sour Cream	10 LUNCH  Chicken Tenders with Roasted Potatoes and Broccoli	11 LUNCH   Cauliflower Mac n' Cheese with side of yogurt	12 LUNCH    Cheese, Pepperoni or Supreme Pizza
15 LUNCH   Tuna Melt Sandwich on Croissant Bun	16 LUNCH   Beef and Bean Taco with Salsa, Lettuce and Sour Cream	17 LUNCH  Lentil Sausage Soup with Warm Pretzel and Cheese Stick	18 LUNCH   Pasta with Marinara and Mozzarella	19 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 Grown



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".

