

JANUARY



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



Dec 22 - Jan 2
Winter Break
No School

<p>5</p> <p>LUNCH   </p> <p>Grilled Cheese and Tomato Soup</p>	<p>6</p> <p>LUNCH  </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>7</p> <p>LUNCH </p> <p>Chicken and Rice Soup with Pretzel and Cheese Stick</p>	<p>8</p> <p>LUNCH  </p> <p>Pasta with Meatballs</p>	<p>9</p> <p>LUNCH </p> <p>Indian Butter Chicken with Flatbread and Rice</p>
<p>12</p> <p>LUNCH </p> <p>Pulled Pork Sandwiches</p>	<p>13</p> <p>LUNCH  </p> <p>Beef and Bean Nachos with Salsa and Sour Cream</p>	<p>14</p> <p>LUNCH </p> <p>Hamburger with Potatoes and Creamy Coleslaw</p>	<p>15</p> <p>LUNCH </p> <p>Beef Bolognese over Pasta</p>	<p>16</p> <p>LUNCH  </p> <p>Cheese, Pepperoni or Supreme Pizza</p>
<p>19</p> <p>Martin Luther King, Jr Day</p> <p>No School</p>	<p>20</p> <p>LUNCH  </p> <p>Chicken and Bean Quesadilla with Salsa, Lettuce, Sour Cream</p>	<p>21</p> <p>LUNCH </p> <p>Potato Ham Soup with Cornbread and Cheese Stick</p>	<p>22</p> <p>LUNCH  </p> <p>Chicken Alfredo over Pasta</p>	<p>23</p> <p>Cinnamon Rolls! </p> <p>Half Day No Lunch Served</p>
<p>26</p> <p>LUNCH  </p> <p>Grilled Turkey and Cheese Sandwich</p>	<p>27</p> <p>LUNCH  </p> <p>Beef and Bean Nachos with Salsa and Sour Cream</p>	<p>28</p> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>29</p> <p>LUNCH  </p> <p>Cauliflower Mac n' Cheese and Fruit Yogurt</p>	<p>30</p> <p>LUNCH  </p> <p>Cheese, Pepperoni or Supreme Pizza</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

Farmers are grateful for greenhouses that allow us to grow warm-weather crops in a maritime climate and to extend the harvest season. At the School Farm we are excited to have expanded our greenhouse space substantially this fall by



completing a project that has been inching along for multiple seasons. Our new covered space will grow more tomatoes, but will also serve as a farm classroom that increases opportunities to host students in cold and wet weather. We are delighted about our new space - and grateful to extensive community support that made this project possible.

Photo: School Farm Greenhouse

SERVING UP SAMPLES

We love encouraging our students to be courageous eaters—but we also know the cafeteria line isn't always the easiest place to try something new. Offering small samples before adding a new dish to the menu gives students a chance to explore new flavors without the pressure of choosing it for lunch.

Thanks to our Farm to School team, students sampled our Potato Soup in December, and this month they'll get the chance to enjoy a full bowl when it appears on the menu!



Connected Food Program

Office: 360-678-2452

Andreas Wurzrainer, Food Service Director

awurzrainer@coupeville.k12.wa.us

Laura Luginbill, Assistant Director

lluginbill@coupeville.k12.wa.us

  @connectedfoodprogram1

www.coupeville.k12.wa.us/Page/105

www.schoolcafe.com/coupeillesd

From the Kitchen

As we approach the new year, we're filled with gratitude and excitement for what's to come (longer daylight hours, for one!). Our dedicated team has been working tirelessly to support and serve our students, and I couldn't be more thankful for their efforts.

We're continually fine-tuning our processes to make the lunch experience as smooth and enjoyable as possible for our students. One of our top priorities is ensuring they move through the line quickly, giving them more time to enjoy their meals and connect with their peers.

We also love seeing parents and guardians join their students for lunch—it truly highlights the strength of our school community. Your support means the world to us, and we look forward to continuing to grow together in 2025.

Here's to an amazing year ahead!

- Andreas, Food Service Director

Student Food Service Accounts

Scan to for information and 'How To' videos on checking your student's food service account balance and adding money.

