

FEBRUARY

ELEMENTARY BREAKFAST

All daily options are offered with fruit and milk.

Cold Food Line

Assorted Cereals
Fruit and Yogurt Parfait
Sunbutter and Jam Sandwich
Appleways Granola Bar

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

HARVEST OF THE MONTH

Winter Squash

Connected Food Program Contacts

Office: 360-678-2452

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Follow us on social media for updates and stories!

@connectedfoodprogram

www.coupeville.k12.wa.us



2 BREAKFAST
Carrot Apple
Cream Cheese Muffin

LUNCH

Chicken Gyro on Flatbread with Tzatziki (Cucumber Yogurt Sauce)

3 Carrot Apple
Cream Cheese Muffin

LUNCH

Beef and Bean Taco with Salsa, Lettuce, and Sour Cream

4 Sausage, Potatoes
and Hard Boiled Egg

LUNCH

Salmon and Hubbard Squash Chowder with Focaccia and Cheese Stick

5 Pumpkin Streusel
Muffin

LUNCH

Beef Stroganoff over Pasta with Peas

6 Whidbey Island Bagels
and Cream Cheese

LUNCH

Roasted Chicken Drumstick with Corn and Rice

9 Banana Crumble
Muffin

LUNCH

Grilled Cheese and Tomato Soup

10 Banana Crumble
Crumble

LUNCH

Pork and Bean Nachos with Salsa and Sour Cream

11 Cinnamon Swirl
Coffee Cake

LUNCH

Hamburger or Cheeseburger with Sweet Potato Tots and Creamy Coleslaw

12 Cranberry
Oat Bran Muffin

LUNCH

Pasta with Marinara and Mozzarella Cheese

13 Cranberry
Oat Bran Muffin

LUNCH

Cheese, Pepperoni or Supreme Pizza

16
Presidents Day

No School

17 Chef's Choice
Muffin

LUNCH

Pork and Bean Quesadilla with Salsa, Lettuce and Sour Cream

18 Pancakes with
Berry Syrup

LUNCH

Zuppa Toscana Soup with Warm Pretzel and Cheese Stick

19 Zucchini Chocolate
Chip Muffin

LUNCH

Cauliflower Mac n' Cheese and Fruit Yogurt

20 Whidbey Island Bagels
and Cream Cheese

LUNCH

Chicken Curry with Hubbard Squash over Rice

23 Lemon Poppyseed
Muffin

LUNCH

Sloppy Joe Sandwich

24 Lemon Poppyseed
Muffin

LUNCH

Beef and Bean Nachos with Salsa and Sour Cream

25 Maple Oatmeal

LUNCH

Chicken Tenders with Potatoes and Broccoli

26 Triple Berry
Muffins

LUNCH

Chicken Alfredo over Pasta

27 Triple Berry
Muffins

LUNCH

Cheese, Pepperoni or Supreme Pizza



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

While the mild winter we have had so far means that we're seeing more winter growth than usual (maybe you had to mow your lawn in January?), plants grow much faster when they get 10 or more hours of light each day. At our latitude, that happens in mid-February, so that's when we start planting seeds for the year!



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From the Kitchen

On many Fridays in the lunchroom, our elementary students put on their thinking caps for Food Jeopardy. With topics like 'In the Cafeteria', 'Fun Food Facts' and 'Farm to School', jeopardy is a fun way to learn cool food facts, review lunchroom rules, and build connections between class and the cafeteria. With three brave participants selected per lunch, students are learning while they eat. If we play every Friday, that adds up to over 90 food facts each year—and an impressive 540 fun food facts by the time they finish elementary school. It's a small game with potential for a big impact, helping build food knowledge, curiosity, and confidence one Friday at a time.

This past month our students also had the chance to see and sample one of the more under appreciated vegetables that thrives in our PNW climate. Thank you to Farmer Arwen, Chef Andreas, and the Farm to School team for growing, prepping and handing out samples to our CES students!



We'll see you at breakfast and lunch!
- Laura Luginbill, Food Service Director

ON YOUR TRAY	FUN FOOD FACTS	IN THE CAFETERIA	FARM TO SCHOOL	COOKIN' IN THE KITCHEN
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>

Jeopardy