

FEBRUARY

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

LUNCH

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



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
2 LUNCH Chicken Gyro on Flatbread with Tzatziki (Cucumber Yogurt Sauce)	3 LUNCH Beef and Bean Taco with Salsa, Lettuce, and Sour Cream	4 LUNCH Salmon and Hubbard Squash Chowder with Focaccia and Cheese Stick	5 LUNCH Beef Stroganoff over Pasta with Peas	6 LUNCH Roasted Chicken Drumstick with Corn and Rice
9 LUNCH Grilled Cheese and Tomato Soup	10 LUNCH Pork and Bean Nachos with Salsa and Sour Cream	11 LUNCH Hamburger or Cheeseburger with Sweet Potato Tots and Creamy Coleslaw	12 LUNCH Pasta with Marinara and Mozzarella Cheese	13 LUNCH Cheese, Pepperoni or Supreme Pizza
16 Presidents Day No School	17 LUNCH Pork and Bean Quesadilla with Salsa, Lettuce and Sour Cream	18 LUNCH Zuppa Toscana Soup with Warm Pretzel and Cheese Stick	19 LUNCH Cauliflower Mac n' Cheese and Fruit Yogurt	20 LUNCH Chicken Curry with Hubbard Squash over Rice
23 LUNCH Sloppy Joe Sandwich	24 LUNCH Beef and Bean Nachos with Salsa and Sour Cream	25 LUNCH Chicken Tenders with Potatoes and Broccoli	26 LUNCH Chicken Alfredo over Pasta	27 LUNCH Cheese, Pepperoni or Supreme Pizza



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

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!



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

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