

MARCH



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

Legumes

CELEBRATING
COUPEVILLE'S
MUSSELFEST



<p>2 BREAKFAST Carrot Apple Cream Cheese Muffin</p> <p>LUNCH </p> <p>Chicken Basil Melt on Flatbread</p>	<p>3 Carrot Apple Cream Cheese Muffin</p> <p>LUNCH </p> <p>Beef and Bean Taco with Salsa, Lettuce, and Sour Cream</p>	<p>4 Sausage, Potatoes and Hard Boiled Egg</p> <p>LUNCH </p> <p>Penn Cove Mussel Chowder, Cheese stick and Warm Pretzel</p>	<p>5 Pumpkin Streusel Muffin</p> <p>LUNCH </p> <p>Pasta with Marinara and Mozzarella</p>	<p>6 Whidbey Island Bagels and Cream Cheese</p> <p>LUNCH </p> <p>Baked Potato with Beef Chili and Cheese</p>
<p>9 Banana Crumble Muffin</p> <p>LUNCH </p> <p>Grilled Cheese and Tomato Soup</p>	<p>10 Banana Crumble Crumble</p> <p>LUNCH </p> <p>Beef and Bean Nachos with Salsa and Sour Cream</p>	<p>11 Cinnamon Swirl Coffee Cake</p> <p>LUNCH </p> <p>Hamburger or Cheeseburger with Sweet Potato Tots and Creamy Coleslaw</p>	<p>12 Cranberry Oat Bran Muffin</p> <p>LUNCH </p> <p>Chicken and Veggie Yakisoba</p>	<p>13</p> <p>Parent Teacher Conferences</p> <p>No School</p>
<p>16 Triple Berry Muffins</p> <p>LUNCH </p> <p>Pulled Pork Sandwich</p>	<p>17 Triple Berry Muffins</p> <p>LUNCH </p> <p>Chicken and Bean Quesadilla with Salsa, Lettuce and Sour Cream</p>	<p>18 Pancakes with Berry Syrup</p> <p>LUNCH </p> <p>Lentil Sausage Soup with Warm Pretzel and Cheese Stick</p>	<p>19 Zucchini Chocolate Chip Muffin</p> <p>LUNCH </p> <p>Chicken Alfredo over Pasta</p>	<p>20 Zucchini Chocolate Chip Muffin</p> <p>LUNCH </p> <p>Cheese, Pepperoni or Supreme Pizza</p>
<p>23 Lemon Poppyseed Muffin</p> <p>LUNCH </p> <p>Philly Cheese Steak</p>	<p>24 Lemon Poppyseed Muffin</p> <p>LUNCH </p> <p>Pork and Bean Nachos with Salsa and Sour Cream</p>	<p>25 Maple Oatmeal</p> <p>LUNCH </p> <p>Chicken Tenders with Potatoes and Broccoli</p>	<p>26 Cranberry Oat Bran Muffin</p> <p>LUNCH </p> <p>Beef Stroganoff with Pasta</p>	<p>27 Whidbey Island Bagels and Cream Cheese</p> <p>LUNCH </p> <p>Indian Butter Chicken with Rice and Flatbread</p>



The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

By the end of March we will have established the spring rhythm of starting seeds, prepping beds, and transplanting into the field. While that work will continue for the next few months, March is when we plant the majority of the crops that we hope to harvest by the end of the school year. And one of the most important spring crops is snap peas, which our kindergarteners and first graders planted in February.



Photo: Kindergarten students planting snap peas at School Farm

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

www.schoolcafe.com/coupevillesd



From the Kitchen

Coupeville's annual MusselFest reflects our deep belief that all students deserve access to fresh, locally sourced, scratch-cooked meals. By introducing our students to mussels at least once each year, we are expanding food access, building food literacy, and honoring the farmers who sustain our community. Connecting Penn Cove's mussel farms to our school kitchens helps students see themselves as part of a larger food system—one rooted in equity, sustainability, and care. Celebrating MusselFest is one way we live our mission: nourishing every child with real food while strengthening the local community that feeds us all.

-Andreas Wurzrainer,
Chef/Production Supervisor

MENU
WED, MARCH 4
PENN COVE
MUSSEL CHOWDER
WARM PRETZEL
& CHEESE STICK

