

# MARCH



## BREAKFAST (7:30 am - 8 am)

Students can choose a hot or cold main course. All options include fruit and milk.

### Cold Breakfast

Assorted cereals, homemade granola, sunflower butter sandwich and jam

### Hot Breakfast

Breakfast burrito with egg and cheese sandwich, rotating special item

## LUNCH



### Main Entree

We offer homemade meals daily. Rice is always available as an alternative to grains.



### Kit Power Deli

Sliced turkey, cheese stick, egg, fruit, and a warm roll from Little Red Hen Bakery



### Smoothie

Delicious fruit and vegetable smoothies made with yogurt. Served with chips or cookies.



### Caesar salad

Fresh vegetables with chicken, croutons and homemade Caesar dressing.

## Monday

## Mars

## Wednesday

## Thursday

## Friday



<p><b>2</b> LUNCH </p> <p>Melted chicken with basil on flatbread</p>	<p><b>3</b> LUNCH </p> <p>Beef and bean taco with salsa, lettuce, and sour cream</p>	<p><b>4</b> LUNCH </p> <p>Penn Cove mussel soup, cheese stick and warm pretzel</p>	<p><b>5</b> LUNCH </p> <p>Choice of beef bolognese or marinara over pasta.</p>	<p><b>6</b> LUNCH </p> <p>Baked potato with beef chili and cheese</p>
<p><b>9</b> LUNCH </p> <p>Tomato soup and grilled cheese</p>	<p><b>10</b> LUNCH </p> <p>Beef and bean nachos with salsa and sour cream</p>	<p><b>11</b> LUNCH </p> <p>Hamburger or cheeseburger, sweet potato balls and creamy coleslaw</p>	<p><b>12</b> LUNCH </p> <p>Chicken and vegetable yakisoba</p>	<p><b>13</b> <b>Parent-teacher conferences</b> <b>There is no school</b></p>
<p><b>16</b> LUNCH </p> <p>Pulled pork sandwich</p>	<p><b>17</b> LUNCH </p> <p>Chicken and bean quesadilla with salsa, lettuce, and sour cream</p>	<p><b>18</b> LUNCH </p> <p>Lentil soup with sausage, warm pretzel and cheese stick</p>	<p><b>19</b> LUNCH </p> <p>Chicken Alfredo on pasta</p>	<p><b>20</b> LUNCH </p> <p>Cheese, pepperoni or supreme pizza</p>
<p><b>23</b> LUNCH </p> <p>Philadelphia cheese steak</p>	<p><b>24</b> LUNCH </p> <p>Pork and bean nachos with salsa and sour cream</p>	<p><b>25</b> LUNCH </p> <p>Chicken strips with potatoes and broccol</p>	<p><b>26</b> LUNCH </p> <p>Beef Stroganoff with Pasta</p>	<p><b>27</b> LUNCH </p> <p>Indian chicken with butter, rice and flatbread</p>



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# 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

