

APRIL

BREAKFAST

All daily options are offered with fruit and milk.

Cold Food Line

Assorted Cereals
Homemade Granola
Sunbutter and Jam Sandwich
Appleways Granola Bar

Hot Food Line

Homemade Muffin
Egg and Cheese Sandwich
Breakfast Burrito

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











30 BREAKFAST Carrot Apple Cream Cheese Muffin LUNCH  Toasted Turkey and Cheese Sandwich	31 Carrot Apple Cream Cheese Muffin LUNCH  Beef and Bean Tacos with Salsa, Lettuce and Sour Cream	1 Sausage, Potatoes and Hard Boiled Egg LUNCH  Chicken and Rice Soup with Cornbread	2 Pumpkin Streusel Muffin LUNCH  Pasta with Bolognese Meat Sauce	3 Pumpkin Streusel Muffin LUNCH  Cheese Pizza with Build Your Own Toppings
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SPRING BREAK APRIL 6 - 10



HARVEST OF THE MONTH

Broccoli

13 Berry Crumble Muffin LUNCH  Grilled Cheese and Tomato Soup	14 Berry Crumble Muffin LUNCH  Chicken Nachos with Cheese, Salsa and Sour Cream	15 Maple Oatmeal LUNCH  Hamburger with Potatoes and Creamy Coleslaw	16 Cranberry Oat Bran Muffin LUNCH  Pasta with Meatballs and Marinara	17 Whidbey Island Bagels with Cream Cheese LUNCH  Chicken and Vegetable Curry over Rice
20 Chef's Choice LUNCH  Hot Dog with Beef Chili and Cheese (optional)	21 Chef's Choice LUNCH  Pork and Bean Quesadilla with Salsa, Lettuce and Sour Cream	22 Pancakes and Berry Sauce LUNCH  Boin's Beans Zuppa Toscana with Soft Pretzel and Cheese Stick	23 Zucchini Chocolate Chip Muffin LUNCH  Cauliflower Mac and Cheese with Berry Smoothie	24 Zucchini Chocolate Chip Muffin LUNCH  Cheese Pizza with Build Your Own Toppings
27 Lemon Poppyseed Muffin LUNCH  Toasted Chicken Pesto and Flatbread	28 Lemon Poppyseed Muffin LUNCH  Beef and Bean Nachos with Salsa and Sour Cream	29 Maple Oatmeal LUNCH  Chicken Tender with Roasted Potatoes and Broccoli	30 Cranberry Oat Bran Muffin LUNCH  Chicken Alfredo over Pasta with Peas	May 1 Whidbey Island Bagels with Cream Cheese Breakfast For Lunch: Pancakes, Sausage and Potatoes



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

This year's Bean Stomp was a great success, and we will soon enjoy the harvest in Zuppa Toscana. We grow two varieties of heirloom dry beans on the school farm: Orca (also called Calypso, but around here they are definitely Orcas) and Rockwell (Coupeville's own!). Students plant the beans in May, cut the plants to dry in September, and then we find a dry winter day to thresh (with our feet) and winnow the crop. We are lucky here in Coupeville to be able to tend a crop with the same students as they transition from one grade to the next.



Bean Seedlings



Threshing



Orca and Rockwell Beans



Connected Food Program

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From the Kitchen

At Coupeville Schools, we believe the cafeteria is a classroom and lunch is a chance to learn something new. Whether it's Harvest of the Month, ingredients grown on our school farm, or a brand-new recipe, we want students to see school meals as a place to explore, taste, and discover.

This year, we've introduced several new menu items, including butter chicken, Philly cheesesteak, yakisoba, and small-batch breakfast items for our middle and high school students. These new foods sit right alongside our familiar favorites and our Harvest of the Month features, giving students the chance to experience both new and well-loved foods.

When we introduce a new menu item, we plan to serve it at least three times. We've found that the first time is for trying, the second time is for deciding, and the third time is often when a new favorite is discovered. Giving students multiple opportunities to taste and explore helps build adventurous eaters and gives everyone – students and staff – the chance to try something new without pressure.

Learning to try new things is a life skill, and we're proud that our cafeterias are places where students can practice a little food courage every day.

- Laura Luginbill, Food Service Director