

APRIL



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,
Yogurt Parfait with granola,
Sunbutter sandwich and jam

Hot Breakfast

Breakfast burrito
Egg and cheese sandwich,
Rotating special item

LUNCH



Main Entree

We offer homemade meals daily. Rice is often 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	Tuesday	Wednesday	Thursday	Friday
30 LUNCH Toasted Turkey and Cheese Sandwich	31 LUNCH Beef and Bean Tacos with Salsa, Lettuce and Sour Cream	1 LUNCH Chicken and Rice Soup with Cornbread	2 LUNCH Pasta with Bolognese Meat Sauce	3 LUNCH Cheese Pizza with Build Your Own Toppings

SPRING BREAK APRIL 6 - 10

13 LUNCH Grilled Cheese and Tomato Soup	14 LUNCH Chicken Nachos with Cheese, Salsa and Sour Cream	15 LUNCH Hamburger with Potatoes and Creamy Coleslaw	16 LUNCH Pasta with Meatballs and Marinara	17 LUNCH Chicken and Vegetable Curry over Rice
20 LUNCH Hot Dog with Beef Chili and Cheese (optional)	21 LUNCH Pork and Bean Quesadilla with Salsa and Lettuce	22 LUNCH Boin's Beans Zuppa Toscana, Soft Pretzel and Cheese Stick	23 LUNCH Cauliflower Mac and Cheese with Berry Smoothie	24 LUNCH Cheese Pizza with Build Your Own Toppings
27 LUNCH Toasted Chicken Pesto and Flatbread	28 LUNCH Beef and Bean Nachos with Salsa and Sour Cream	29 LUNCH Chicken Tender with Roasted Potatoes and Broccoli	30 LUNCH Chicken Alfredo over Pasta with Peas	May 1 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