

MAY

BREAKFAST

All daily options are offered with fruit and milk.

Cold Food Line

Assorted Cereals
Homemade Granola
Sunbutter and Jam Sandwich

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



<p>4 Pumpkin Streusel Muffin</p> <p>LUNCH   </p> <p>Grilled Cheese and Tomato Soup</p>	<p>5 Pumpkin Streusel Muffin with Yogurt</p> <p>LUNCH  </p> <p>Chicken and Bean Nachos with Salsa</p>	<p>6 Sausage, Potatoes and Egg</p> <p>LUNCH </p> <p>Hamburger with Potatoes and Creamy Coleslaw</p>	<p>7 Carrot Apple Cream Cheese Muffin and Yogurt</p> <p>LUNCH  </p> <p>Pasta with Marinara and Mozzarella</p>	<p>8 Carrot Apple Cream Cheese Muffin and Yogurt</p> <p>LUNCH  </p> <p>Baked Potato with Chili and Cheese (optional)</p>
<p>11 Triple Berry Crumble Muffin</p> <p>LUNCH </p> <p>Sloppy Joe Sandwich with *New* Waffle Fries</p>	<p>12 Pancakes with Berry Sauce and Sausage</p> <p>LUNCH  </p> <p>Pork and Bean Taco with Salsa, Lettuce, Sour Cream</p>	<p>13 Chicken Fried Steak, Potatoes and Gravy</p> <p>LUNCH  </p> <p>Chicken Lentil Daal with Flatbread and Cheese Stick</p>	<p>14 Zucchini Chocolate Chip Muffin and Yogurt</p> <p>LUNCH  </p> <p>3 Sisters Farm Beef Stroganoff over Pasta</p>	<p>15 Zucchini Chocolate Chip Muffin and Yogurt</p> <p>LUNCH    </p> <p>Cheese, Pepperoni or Supreme Pizza</p>
<p>18 Chef's Choice</p> <p>LUNCH </p> <p>Chicken Gyro on Flatbread with Hummus and Tzatziki on side</p>	<p>19 Triple Berry Crumble Muffin</p> <p>LUNCH  </p> <p>Beef and Bean Quesadilla with Lettuce, Salsa and Sour Cream</p>	<p>20 Cinnamon Coffee Cake</p> <p>LUNCH </p> <p>Potato and Ham Soup with Warm Pretzel and Cheese Stick</p>	<p>21 Banana Crumble Muffins</p> <p>LUNCH  </p> <p>Chicken Alfredo over Pasta</p>	<p>22 Whidbey Island Bagels with Cream Cheese</p> <p>LUNCH   </p> <p>Indian Buttered Chicken over Rice with Flatbread</p>
<p>25</p> <p>Memorial Day No School</p>	<p>26 Lemon Poppyseed Muffin</p> <p>LUNCH  </p> <p>Pork and Bean Nachos with Salsa and Sour Cream</p>	<p>27 Maple Oatmeal</p> <p>LUNCH </p> <p>Chicken Tender with Roasted Potatoes and Broccoli</p>	<p>28 Banana Crumble Muffins</p> <p>LUNCH  </p> <p>Meatballs over Pasta with Marinara</p>	<p>29 Banana Crumble Muffins</p> <p>LUNCH    </p> <p>Cheese, Pepperoni or Supreme Pizza</p>



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

Did you know that broccoli, most kale, cauliflower, kohlrabi, brussels sprouts, and cabbage are all actually the same plant species? Humans have selected different varieties to make large, tender buds, stems, and flower heads for food. In our climate, we can strategize to harvest year-round from these plants. At the end of April we finish harvesting our overwintered plants, and by the end of May we will be harvesting from plants sown this spring.



COMING SOON: WAFFLE FRIES

Read the Whidbey News Times article here!



Thanks to the persuasive writing skills of Ms. Bayne's class, waffle fries are officially joining our school menu! Students researched, debated, and crafted convincing essays explaining why fries would be a popular addition to school meals. Their thoughtful arguments, creativity, and student voice helped influence a real menu decision in our cafeteria. We're proud to celebrate how classroom learning can create meaningful change — and we can't wait for everyone to enjoy this student-chosen menu item May 11th!



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/departments/food-service

www.schoolcafe.com/coupevillesd

From the Kitchen

As we head into spring, I want to take a moment to recognize and thank all of the incredible mothers in our district — especially those who are part of our program. I was fortunate to grow up with an amazing example of what that means.

The care, dedication, and positivity you bring to your work truly make a difference. You show up for our students each day with heart, patience, and a smile, creating a welcoming and supportive environment that helps them thrive. Your impact goes far beyond the kitchen—you are an important part of our students' daily lives and well-being.

Having the opportunity to serve our kids each day fills me with a great sense of hope for the future and makes me proud to live in this community.

Thank you for all that you do for our students, our schools, and our community.

With gratitude,

Andreas Wurzrainer
Chef/Production Supervisor

HARVEST OF THE MONTH



HERBS