

JUNE

BREAKFAST

All daily options are offered with fruit and milk.

Cold Food Line

Assorted Cereals
Homemade Granola
Sunbutter and Jam Sandwich

Hot Food Line

Daily Special
Egg and Cheese Sandwich
Breakfast Burrito



HARVEST OF THE MONTH

Peas

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

1 BREAKFAST Carrot Apple Muffin LUNCH   Grilled Cheese and Tomato Soup	2 Carrot Apple Muffin LUNCH  Chicken Tenders with Roasted Potatoes and Broccoli	3 Whidbey Island Bagels with Cream Cheese LUNCH   Chicken Alfredo over Pasta	4 Chef's Choice LUNCH   Breakfast for Lunch: Pancakes, Sausage and Potatoes	5 Maple Oatmeal LUNCH    Cheese, Pepperoni or Supreme Pizza
8 Sausage, Egg and Cheese Sandwich LUNCH   3 Sisters Farm Beef and Bean Nachos	9 Pancakes with Berry Syrup LUNCH   Hot Dog with Waffle Fries Elementary Field Day!	10 Homemade Cinnamon Rolls HALF DAY NO LUNCH	11 Zucchini Chocolate Chip Muffins HALF DAY NO LUNCH	12 



Oak Harbor Public Schools is excited to host the 13th annual Summer Food Service Program (SFSP)! SFSP is a federally funded, state-administered program designed to serve free meals to all children 18 years and under during the summer season. **Weekly meal bags contain 7 days of complete breakfast and lunch meals per child.**

June 23 through August 11

Pick-up Tuesdays, 11:30 a.m. to 12:15 p.m.

- Oak Harbor High School, 1 Wildcat Way
- Olympic View Elementary, 380 NE Regatta Dr

No sign-up or registration is required. Children must be present or an adult must present a weekly Parent/Guardian Attestation Form during pick-up. Forms and more information is available at: www.ohsd.net/SummerMeals

COUPEVILLE

SCHOOL FARM

FAMILY DAYS

THURSDAYS

Beginning July 9th

Join Farmer Arwen to taste, explore and care for the Coupeville School Farm!
All ages and abilities are welcome.

Questions? Email Farmer Arwen: anorman@coupeville.k12.wa.us



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



Coupeville School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The board designates the superintendent to serve as the district's coordinator regarding: Title IX, Section 504/ADA, Civil Rights Compliance, and to handle questions and investigate any complaints communicated to the district of alleged discrimination. Superintendent, 501 South Main Street, Coupeville, WA 98239, 360-678-2404

The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Farmer Arwen Norman

School is almost over, but the school farm remains a busy place. Join us on Thursdays beginning July 9 for various farm activities and, of course, snacks! Look for the full schedule soon.



L Photo: 5th graders grazing on spring kale flowers



R Photo: Kindergarteners plant pumpkin plants for harvest in 1st grade!



MIDDLE AND HIGH SCHOOL STUDENTS

DON'T MISS YOUR OPPORTUNITY TO DIVE DEEPER INTO FOOD AND FARMING!

This event/activity is not sponsored by the Coupeville School District and the district assumes no responsibility for the conduct or safety of the event/activity. The district does not sponsor or guarantee any of the information in this material.

Connected Food Program

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Andreas Wurzrainer, Chef

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www.coupeville.k12.wa.us

www.schoolcafe.com/coupevillesd

From the Kitchen

Congratulations to all our students as we end the 25-26 school year! As we wrap up these last days, we are foremost grateful to our students, families and fellow staff. We absolutely love making and serving food for you to enjoy each day. This time of year we have the first veggies from the School Farm and have packed our last two weeks with student favorites. We celebrate the end of the year with you, and we can't wait to see you for breakfast and lunch next year!

Laura Luginbill

Food Service Director

Andreas Wurzrainer

Chef/Production Supervisor

Middle School 6th-8th

August 3rd - 5th

Day 1:

Farm to Frame

Expect to spend the day creating beautiful nature based art.

Day 2:

Farm to Fork

Let's get cooking! From harvest to plate it will be a tasty day.

Day 3:

Farm to Community

This will be a walking field trip day as we explore agriculture throughout our town!

High School 9th-12th

August 10th - 12th

Day 1:

Culinary Day: Europe

From airy focaccia to sweet profiteroles we'll get our hands in the dough!

Day 2:

Culinary Day:

Americas

Tortillas, arepas, brigadeiro, oh my! We'll visit recipes from North, Central, and South America

Day 3:

Culinary Day: Asia

We'll visit India, the Philippines, China, and more on this culinary journey