

SEPTEMBER 2026

ELEMENTARY BREAKFAST

All daily options are offered with fruit and milk.

Cold Food Line

Assorted Cereals
Fruit and Yogurt Parfait
Sunbutter and Jam Sandwich

Hot Food Line

Breakfast Special Item
Breakfast Burrito

ELEMENTARY LUNCH

All options are offered with our salad bar and milk.

Daily Entree

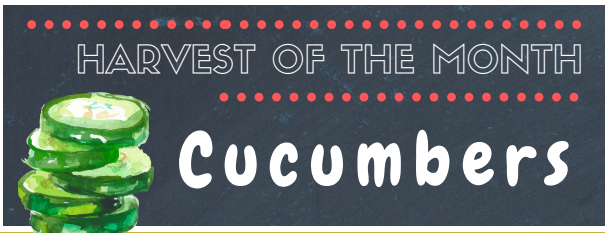
Our daily offering of scratch-made meals.

Sunbutter Sandwich*

Made on Little Red Hen Bakery Bread.
* Nut Free

Deli Kit

Little Red Hen Bakery Roll, sliced turkey and cheese stick

Monday	Tuesday	Wednesday	Thursday	Friday
7 Labor Day No School	8 Breakfast Triple Berry Muffin LUNCH     3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream	9 Bacon Egg English Muffin LUNCH  Chicken and Rice Soup with Warm Pretzel and Cheese stick	10 Carrot Cream Cheese Muffin LUNCH    Chicken Alfredo with Pasta and School Farm Green Beans	11 Carrot Cream Cheese Muffin LUNCH    Cheese, Pepperoni or Supreme Pizza
14 Lemon Poppyseed Muffin LUNCH   Pulled Pork sandwich with Waffle Fries and School Farm Pickles	15 Lemon Poppyseed Muffin LUNCH    Chicken and Bean Nachos with Salsa and Sour Cream	16 Maple Oatmeal LUNCH   Hamburger with Pineapple Coleslaw	17 Triple Berry Muffin LUNCH    Pasta with Marinara and Mozzarella	18 Whidbey Island Bagel and Cream Cheese LUNCH    Meat/Egg and Veggie Yakisoba
21 Zucchini Chocolate Chip Muffin LUNCH    Grilled Cheese and Tomato Soup	22 Zucchini Chocolate Chip Muffin LUNCH    Pork and Bean Quesadilla with Salsa, Lettuce, Sour Cream	23 Egg, Sausage and Potatoes LUNCH    Zuppa Toscana Soup with Focaccia Bread and Cheese stick	24 Pumpkin Streusel Muffin LUNCH    Cauliflower Mac n' Cheese and Yogurt	25 Pumpkin Streusel Muffin LUNCH    Cheese, Pepperoni or Supreme Pizza
28 Banana Crumble Muffin LUNCH    Chicken Pesto Flatbread	29 Banana Crumble Muffin LUNCH    Beef and Bean Nachos with Salsa, Lettuce and Sour Cream	30 Pancakes with Berry Sauce LUNCH  Chicken Tender with Roasted Potatoes and Broccoli		



2026-27 CES Meal Prices

Student Breakfast: FREE
Student Lunch: FREE
Student Second Entree: \$2.25
Guest Breakfast: \$3.25
Guest Lunch: \$6.25

Connected Food Program | Office: 360-678-2452

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Andreas Wurzrainer, Chef Supervisor Email: awurzrainer@coupeville.k12.wa.us
Menus and Department Info: www.coupeville.k12.wa.us/departments/food-service
Daily Nutrition Information: www.schoolcafe.com/coupevillesd

  @connectedfoodprogram1

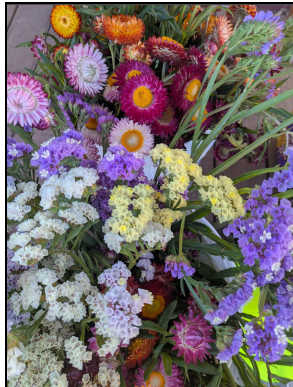
The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

The farm team works through the summer to ensure that we have abundant harvests in the fall. We will start the school year with cherry tomatoes, cucumbers, and lunchbox peppers on the salad bar, and later in the fall we will harvest carrots, broccoli, and cauliflower. We are also drying flowers to store some of summer's sunshine for the winter.



2026-2027 Child Nutrition Eligibility & Education Benefit Application

Don't forget to complete an applications for Free or Reduced-Price Meals! Approved applications help keep Coupeville Elementary eligible for free meals for all students, fund other programs AND may waive other fees for your family. Applications must be renewed yearly.



How to Apply:

Printed Applications: Available at your school's office

Print Your Own:

www.coupeville.k12.wa.us/departments/food-service

Complete Online: Omlativ Family Access under "Online Food Service Applications"

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Laura Luginbill, Food Service Director

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Andreas Wurzrainer, Chef/Production Supervisor

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From the Kitchen

Welcome Back, Families!

We're excited to welcome students back and get another year of good food and learning underway. This year, our Food Service team is looking forward to filling school meals with fresh food from local producers, including harvests from our own School Farm. We believe great school food can do more than feed students—it can introduce them to new foods and help them become confident and curious eaters. Our School Farm and partnership with Coupeville Farm to School give students opportunities to learn beyond the classroom. From growing and harvesting food to cooking, tasting, and exploring agriculture, students get hands-on opportunities to understand how food makes its way from the soil to their trays.

A Note About Meal Prices

School meals remain free for all students at Coupeville Elementary School. At Coupeville Middle and High School, meal prices are increasing this year in compliance with federal pricing requirements.

CMHS Meal Prices

- Breakfast: \$2.30
- Lunch: \$4.00

Families are encouraged to apply for free and reduced-price meals and find more information on our website.

We can't wait to see students back in the cafeterias, around the farm, and at the table. Welcome back—we're ready to cook!

Laura Luginbill,
Food Service Director