

SEPTEMBER

2026

BREAKFAST (7:15 am - 7:50 am)

Students may choose 1 main item. All options include fruit and milk.

Cold Breakfast

Assorted cereals
Yogurt Parfait with granola
Sunbutter sandwich and jam

Hot Breakfast

Breakfast Specials
Breakfast burrito
Homemade Muffin

2026-27 CMHS Meal Prices

Student Breakfast: \$2.30
Student Lunch: \$4.00
Student Second Entree: \$3.00
A la carte items: *As priced, see website*

LUNCH



Main Entree

We offer homemade meals daily. Rice is often available as an alternative to grains.



Power Deli Kit

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 pretzels.



Caesar Salad

Fresh lettuce with roasted chicken, croutons and homemade Caesar dressing.

Monday

Tuesday

Wednesday

Thursday

Friday

7

Labor Day
No School

8

LUNCH    
3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce, Sour Cream

9

LUNCH 
Chicken and Rice Soup with Warm Pretzel and Cheese stick

10

LUNCH    
Chicken Alfredo with Pasta and School Farm Green Beans

11

LUNCH    
Cheese, Pepperoni or Supreme Pizza

14

LUNCH  
Pulled Pork sandwich with Waffle Fries and School Farm Pickles

15

LUNCH    
Chicken and Bean Nachos with Salsa and Sour Cream

16

LUNCH  
Hamburger with Pineapple Coleslaw

17

LUNCH    
Pasta with Marinara and Mozzarella

18

LUNCH    
Meat/Egg and Veggie Yakisoba

21

LUNCH    
Grilled Cheese and Tomato Soup

22

LUNCH    
Pork and Bean Quesadilla with Salsa, Lettuce, Sour Cream

23

LUNCH    
Zuppa Toscana Soup with Focaccia Bread and Cheese stick

24

LUNCH    
Cauliflower Mac n' Cheese and Yogurt

25

LUNCH    
Cheese, Pepperoni or Supreme Pizza

28

LUNCH    
Chicken Pesto Flatbread

29

LUNCH    
Beef and Bean Nachos with Salsa, Lettuce and Sour Cream

30

LUNCH 
Chicken Tender with Roasted Potatoes and Broccoli



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option



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



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The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

We are anticipating abundant harvests this fall! Our Farm Team spent the summer tending crops and hosting students from many local organizations including Coupeville Farm to School's Summer Camps. We are excited to welcome back our students to lots of veggies like cherry tomatoes and cucumbers, and the popcorn is looking great for fall snacking!



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.

It's more than a meal application.

Filling out the School Meal Application may help provide:



This organization is an equal opportunity employer.

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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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