

# OCTOBER

## 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  
Breakfast Burrito  
Whidbey Island Bagel  
with Cream Cheese

## 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.  
\*Peanut and Tree  
Nut Free

### Deli Kit

Little Red Hen  
Bakery Roll,  
sliced turkey and  
a cheese stick

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**Oct 7th**

**Coupeville celebrates local food  
with school districts  
across the state!**

**1 Carrot Apple  
Muffin**

LUNCH   

Chicken Alfredo  
over Pasta with  
School Farm Green  
Beans

**2 Egg, Bacon and  
Cheese Sandwich**

LUNCH  

Breakfast for Lunch:  
Pancakes, Roasted  
Potatoes and Sausage

**5 Blueberry Muffin**

LUNCH   

Grilled Cheese and  
Tomato Soup

**6 Blueberry Muffin**

LUNCH   

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

**7 Maple Oatmeal**

LUNCH  

Bell's Farm  
Shepherd's Pie and  
Biscuit

**8 Carrot Apple  
Muffin**

LUNCH   

3 Sisters Farm  
Meatballs over Pasta  
with School Farm  
Tomato Marinara

**9 Egg, Bacon and  
Cheese Sandwich**

LUNCH   

Cheese, Pepperoni or  
Supreme Pizza

**12 Lemon Poppyseed  
Muffin**

LUNCH  

Toasted Ham and  
Cheese Sandwich

**13 Lemon Poppyseed  
Muffin**

LUNCH   

Chicken and Bean  
Nachos with School  
Farm Salsa

**14 Banana Crumble  
Muffin**

LUNCH 

Hamburger and  
Pineapple Coleslaw

**15 Banana Crumble  
Muffin**

LUNCH   

Pasta with Pesto  
Cream Sauce and  
Chicken

**16 Egg, Bacon and  
Cheese Sandwich**

LUNCH  

Sweet Chicken and  
Veggie Curry over  
Rice

**19 Pumpkin Muffin**

LUNCH 

Sloppy Joe Sandwich  
with Waffles Fries

**20 Pumpkin Muffin**

LUNCH   

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

**21 Maple Oatmeal**

LUNCH  

Chicken Barley Soup  
with Focaccia Bread  
and Cheese

**22 Carrot Apple  
Muffin**

LUNCH 

Pasta with Bolognese  
Sauce

**23 Egg, Bacon and  
Cheese Sandwich**

LUNCH   

Cheese, Pepperoni or  
Supreme Pizza

**26 Zucchini  
Chocolate Chip  
Muffin**

LUNCH   

Chicken Tenders with  
Roasted Potatoes and  
Broccoli

**27 Zucchini  
Chocolate Chip  
Muffin**

LUNCH   

Beef and Bean  
Nachos with School  
Farm Salsa

**28**

**Parent Teacher  
Conferences**

No School

**29**

**Parent Teacher  
Conferences**

No School

**30**

**Parent Teacher  
Conferences**

No School



**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 **Arwen Norman,** School Farm Manager

In October we hope for dry, warm weather so that the tomatoes keep producing and we can host students on the farm. We're excited for the pumpkin patch and our carrot and popcorn harvests! And when the rain starts to fall it will water the cover crop seeds and we'll be grateful for our greenhouses.



Students exploring the green beans patch at the School Farm



TASTE  
WASHINGTON  
WEEK  
OCTOBER 5-9TH

HARVEST OF THE MONTH



Tomatoes

**Taste Washington Day** is an annual celebration of Washington grown foods served in school meals during the fall harvest season. Coupeville joins hundreds of schools across Washington State in highlighting our local food and collaborating with Farm to School for special garden activities!

## Connected Food Program

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## From the Kitchen

Welcome Back, Students and Families!  
I hope you've all had a chance to settle into your new routines and schedules while still enjoying the amazing late summer we've been experiencing. We truly live in a beautiful and special place!

We're once again enjoying the full bounty of our school farm, with an abundance of fresh tomatoes, peppers, and cucumbers making their way onto our salad bars. It's a wonderful time of year to celebrate the fresh, local ingredients our area has to offer!

### A Reminder About Our Breakfast Program

With the new bus schedules, I'd like to remind everyone about our breakfast program, available at all of our schools. It's a great way to start the day with a nutritious meal. Please remember that all students at our elementary campus receive breakfast and lunch free of charge. We also encourage families to complete our Free and Reduced-Price Meal forms, even if your children already receive free meals. Your participation helps us determine eligibility for additional benefits and ensures that we can maintain our current meal program status at the elementary school.

Thank you for your continued support, and here's to a wonderful school year ahead!

- Andreas Wurzrainer