

DECEMBER

BREAKFAST

All daily options are offered with fruit and milk.

Yogurt Fruit flavored yogurt and homemade granola	Power Pack Fruit granola bar and hard-cooked egg	Cereal Variety of dry cereals	Sunbutter Sandwich Made on Little Red Hen Bakery Bread. Peanut and Tree Nut Free
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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
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Monday

Tuesday

Wednesday

Thursday

Friday



<p>1 BREAKFAST Daily Options Cheese Pizza with Build Your Own Toppings</p>				
<p>4 BREAKFAST Scrambled Eggs and Toast LUNCH </p> <p>Pulled Pork Sandwich with School Farm Pickles</p>	<p>5 BREAKFAST Blueberry Muffins LUNCH </p> <p>Beef and Bean Nachos</p>	<p>6 BREAKFAST Bacon, Egg and Cheese Sandwich LUNCH </p> <p>Hamburger with Sweet Potato Tots and Creamy Coleslaw</p>	<p>7 BREAKFAST Banana Muffin LUNCH </p> <p>Cauliflower Mac n' Cheese</p>	<p>8 BREAKFAST Daily Options LUNCH </p> <p>Chicken and Vegetable Ramen Noodle Bowl</p>
<p>11 BREAKFAST Ham and Cheese Drop Biscuit LUNCH </p> <p>Chicken Gyro with Cucumber Yogurt Tzatziki</p>	<p>12 BREAKFAST Daily Options LUNCH </p> <p>Pork and Bean Taco with Salsa, Lettuce and Sour Cream</p>	<p>13 BREAKFAST Egg and Cheese Breakfast Sandwich LUNCH </p> <p>Chicken and Leek Tortilla Soup with Tortilla Chips and Yogurt</p>	<p>14 BREAKFAST Raisin Bran Muffin LUNCH </p> <p>Chicken Alfredo over Pasta</p>	<p>15 BREAKFAST Daily Options LUNCH </p> <p>Cheese Pizza with Build Your Own Toppings</p>

Winter Break December 18 - January 1



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



In our final fall week of classes at the farm, the weather forecast showed frost just a day or two away. We talked about this landmark event on the farm and said goodbye to the outdoor tomatoes together. Talking about the last farm visit of the year also highlighted the different definitions of "new year" that students are exposed to - many of them immediately thought of the next grade level rather than spring of 2024. As a school farmer I hold both the school schedule and the cycle of the seasons as I plan the farm. The start of the school year is certainly a time of great excitement as the return of students coincides with the abundance of harvest season. And turning to a new calendar, coinciding as it does with lengthening days, is also a time of great anticipation. Seed catalogs are arriving... I'm also excited to get to know the Coupeville community more through volunteer days in the new year and am hoping to kick that off with an MLK Day of Service event at the school farm - pencil it in on your calendar!

DON'T YUCK MY YUM

We encourage all our students to be courageous eaters and open to trying new foods! For that to happen, students have to feel safe and confident, and we know that words matter. At Coupeville Elementary we partner with the Farm to School team to always promote word choices that don't shame or discourage others from enjoying their food.



Take a bite and decide:

"I love it", "I like it" or "It isn't for me".

Connected Food Program

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www.schoolcafe.com/coupeillesd

From the Kitchen

There is exciting news buzzing around the Connected Food Program this week! We have been awarded two grants totaling \$60,000 to support our commitment to teaching students about their local food system.

The Washington State Department of Agriculture Local Purchasing Grant provides \$20,000 to purchase directly from local farmers for our cafeterias. Our students will soon see new items on our menus such as Bell's Farm ground beef, Silva Family Farm blueberries and Penn Cove mussels.

The Washington State OSPI Outdoor Learning Grant will fund our School Farm Manager position and supplies to improve student spaces and walkways on the School Farm.

Coupeville School District has become a leader in the Farm to School movement, providing our students with the full opportunity grow, harvest and eat food right here at the school. We are thankful for each grant that makes this work possible!

- Laura Luginbill,
Assistant Food Service Director

By the Numbers

213 Average daily student breakfasts in November

558 Average daily student lunches in November