

JANUARY

Welcome to the Coupeville Middle and High School Connected Food Program!

Students may choose 1 of 4 daily options. All options come with Salad Bar and Milk.



Daily Entree

Our daily offering of scratch-made meals. Rice is always available as a grain alternative



Power Deli Kit

Sliced turkey, mozzarella cheese stick, egg and a warm Little Red Hen Bakery roll



Smoothie

Flavorful fruit and veg smoothies made with yogurt. Served with crackers



Caesar Salad

Fresh greens with chicken, croutons and homemade Caesar dressing.










































Monday

Tuesday

Wednesday

Thursday

Friday

1 No School	2 LUNCH   Beef and Bean Taco with Salsa, Lettuce and Sour Cream	3 LUNCH  Chicken and Rice Soup with Warm Pretzel and Cheese Stick	4 LUNCH   Pasta with Chicken, Marinara and Mozzarella	5 LUNCH   Cheese Pizza with Build Your Own Toppings
8 LUNCH   Pulled Pork Sandwich with School Farm Pickles	9 LUNCH   Chicken and Bean Quesadilla with Salsa, Lettuce, and Sour Cream	10 LUNCH  Hamburger with Potatoes and Creamy Coleslaw	11 LUNCH   Chicken Alfredo over Pasta	12 LUNCH   3 Sisters Farm Hot Dog with Chili and Cheese
15 No School	16 LUNCH   Pork and Bean Taco with Salsa, Lettuce and Sour Cream	17 LUNCH   Zuppa Toscana Soup with Warm Pretzel	18 LUNCH    3 Sisters Farm Beef Meatballs over Pasta	19 LUNCH   Cheese Pizza with Build Your Own Toppings
22 LUNCH    Grilled Cheese and Tomato Soup	23 LUNCH   Beef and Bean Nachos	24 LUNCH  Chicken Tender with Roasted Potatoes and Broccoli	25 LUNCH    Cauliflower Mac n' Cheese and Yogurt	26 LUNCH    Chicken and Veggie Curry over Rice
29 LUNCH  Chicken and School Farm Basil Flatbread Melt	30 LUNCH  Breaded Fish Taco with Lime Slaw and Salsa	31 LUNCH  Salmon Potato Corn Chowder and Cornbread		



School Farm Grown



Locally Grown or Produced



Gluten-Free Option



Vegetarian Option

COUPEVILLE SCHOOL DISTRICT

The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

ON THE SCHOOL FARM

Arwen Norman, School Farm Manager

School Farm Work Party
Monday, January 15 (MLK Jr Day)
9:30am - 12:30pm

December is a funny mix on the farm -- days are short and dormancy is the dominant theme, but at the same time it is an opportunity for farmers to plan and organize before lengthening days set up the ever-accelerating pace of spring. In addition to crop planning (spurred by the arrival of seed catalogs), **I've been planning for our work party from 9:30-12:30 on Monday, January 15th, Martin Luther King Jr. Day.** Please join us! Our main project will be spreading wood chips for our new welcome circle and pathways on the farm, part of the Outdoor Learning Grant we received last month, but there are other options as well. Please feel free to e-mail me if you have any questions: anorman@coupeville.k12.wa.us.

Save
the
date

Connected Food Program

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From the Kitchen

As we head into the New Year, I would like to talk about waste management and sustainability within the Connected Food program. Recently we received a \$4200 Waste Reduction grant from the Washington State Department of Ecology. This will fund a pilot program with Elementary Leadership students to help keep milk out of our trash cans. It also allows us to stock up on our reusable dishes and cutlery, and continue to keep a staggering amount of trash out of our garbage.

We regularly transform leftovers into salads and soups for our students to enjoy, which leaves us with virtually no food waste in our kitchen. Our vegetable waste composted on the School Farm for future use. Not only do these practices make sense and help save money, but they also show our students that we truly care about our environment and the planet we leave behind for them.

Enjoy your break and we can't wait to feed you in the New Year!

- Andreas, Food Service Director

FALL SILVERWARE DRIVE!



Thank you Coupeville Elementary Leadership Club students for running the Fall Silverware Drive!

Your donation helps keep 4000 pieces of plastic cutlery out of the trash can each week!

By the Numbers

200 Average daily student breakfasts in December

612 Average daily student lunches in December

800 Number of forks and spoons kept out of the landfill each day