

# MARCH



## 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

**HARVEST OF THE MONTH**  
**Legumes**

**CELEBRATING COUPEVILLE'S MUSSELFEST**

**1**  
**Parent Teacher Conferences**  
No School

**4**  
LUNCH   
Chicken Basil Melt on Flatbread

**5**  
LUNCH   
3 Sisters Farm Beef and Bean Taco with Salsa, Lettuce and Sour Cream

**6**  
LUNCH   
Penn Cove Mussel Chowder, Cheese stick and Warm Pretzel

**7**  
LUNCH   
Chicken Alfredo over Pasta with School Farm Green Beans

**8**  
LUNCH   
Cheese Pizza with Build Your Own Toppings

**11**  
LUNCH   
Grilled Cheese and Tomato Soup

**12**  
LUNCH   
Bison and Bean Taco with Salsa, Lettuce and Sour Cream

**13**  
LUNCH   
Chicken Tender with Roasted Potatoes and Broccoli

**14**  
LUNCH   
Cauliflower Mac n' Cheese and Yogurt

**15**  
LUNCH   
Chicken and Vegetable Ramen

**18**  
LUNCH   
Cuban Style Pulled Pork Sandwich

**19**  
LUNCH   
Chicken and Bean Quesadilla with Toppings

**20**  
LUNCH   
Lentil Daal Soup with Cheese stick and Flatbread

**21**  
LUNCH   
Pork and Veggie Yakisoba

**22**  
LUNCH   
Cheese Pizza with Build Your Own Toppings

**25**  
LUNCH   
Chicken Gyro with Cucumber Tzatziki Sauce

**26**  
LUNCH   
Beef and Bean Nachos

**27**  
LUNCH   
Hamburger with Potatoes and Creamy Coleslaw

**28**  
LUNCH   
Pasta with Marinara and Mozzarella

**29**  
LUNCH   
Yellow Curry with Beef over Rice



# The Kitchen Sink

A LITTLE BIT OF EVERYTHING FROM THE CONNECTED FOOD PROGRAM

## ON THE SCHOOL FARM

**Arwen Norman**, School Farm Manager



Hap-pea almost spring from the school farm! Our grow light shelf is set up in the elementary cafeteria and the first seeds of the season -- peas planted by the first grade -- are sprouting.

## NEW DAILY HOT BREAKFAST MENU

**BEGINS FEBRUARY 5th**

Check out these new items that will be available every day!

### Egg and Cheese Sandwich

Toasted on an English Muffin

### Breakfast Burrito

Meat, egg, cheese and rice rolled in a tortilla

### Homemade Muffin

Rotating flavors of student favorites

## Connected Food Program

Office: 360-678-2452

Andreas Wurzrainer, Food Service Director

[awurzrainer@coupeville.k12.wa.us](mailto:awurzrainer@coupeville.k12.wa.us)

Laura Luginbill, Assistant Director

[lluginbill@coupeville.k12.wa.us](mailto:lluginbill@coupeville.k12.wa.us)

  @connectedfoodprogram1

[www.coupeville.k12.wa.us/Page/105](http://www.coupeville.k12.wa.us/Page/105)

[www.schoolcafe.com/coupevillesd](http://www.schoolcafe.com/coupevillesd)

## From the Kitchen

Salmon and Bison on the menu? What is happening?

This school year the USDA is piloting a local food program. Offering locally sourced foods like sockeye salmon, ground bison, and frozen apricots and raspberries can introduce students to new flavors and healthier options. Those foods are completely free of charge to us and we were able to secure over \$8000 worth of local food for our students to try out.

It's fantastic to see the USDA and OSPI supporting such programs, enriching school menus and potentially inspiring lifelong healthy eating habits. What a great way to start 2024! It's a win-win situation for everyone involved!

We'll see you at breakfast and lunch!

- Andreas Wurzrainer,  
Food Service Director

## By the Numbers

**196** Average daily student breakfasts in January

**593** Average daily student lunches in January

**450** Pounds of salmon received

**1140** Pounds of raspberries received

**300** Pounds of bison received

## HARVEST OF THE MONTH

# Legumes

