

October 2019

Coupeville Middle and High School Lunch Menu

Alternative Meal Options

The following items will be available daily as main entrees:

1) Smoothies - 16 oz

*Berry Fusion
Green Power
Mango Pineapple*

2) Deli Sandwiches

Served on Little Red Hen Bakery Honey Oat Sourdough

*Turkey Havarti
Hummus & Red Pepper*



3) Signature Salad

Chicken Caesar

4) Fresh Salad and Fruit Bar

Fresh fruits and veggies, plus varying meat, eggs, cheese, and grains.

Each item comes with milk, water and access to the salad and fruit bar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Brown Rice is now offered every day as an alternative grain for hot meals.	1 Baked Cod on Crunchy Corn Taco with Mango Salsa, Lime Cabbage Slaw	Taste Washington! 3 Sisters Meatloaf Bells Farm Potatoes Little Red Hen Bread Apple Kale Salad	3 Chicken Caesar Salad with Whole Grain Roll	4 Chicken Teriyaki Rice Bowl with Mixed Veggies
7 Grilled Cheese Sandwich with Tomato Soup and Apple Crisp	8 Chicken Gyros on Pita Bread with Tzatziki Sauce, Lettuce and Tomato	9 Asian-Style Pork with Rice, Veggie Spring Roll and Cabbage Salad	10 Chicken Alfredo over Penne Pasta with Roasted Broccoli	11 Early Release Apple Cinnamon Muffin, Yogurt, and Fresh Fruit
14 Bean Nachos with Homemade Cheese Sauce, Salsa and Guacamole	15 Yellow Curry with Chicken Satay and Brown Rice	16 Baked Potato with Chili, Cheese and Broccoli	17 3 Sisters Hot Dogs Apple Coleslaw and Caramelized Onion Jam	18 Broccoli Cheddar Soup, Chicken Waldorf Salad and Wheat Dinner Roll
21 Cauliflower Mac n' Cheese and Berry Blast Smoothie	22 Chicken and Bean Quesadilla with Pico de Gallo	23 Moroccan Style Beef Stew with Couscous	24 Hot Turkey and Cheese Sandwich with Prairie Bottom Farm Pesto	25 Pioneer Farm Squash Apple Soup with Little Red Hen Croutons and Ham Quinoa Salad
28 Hearty Lentil Soup with Apple Cinnamon Crepes	29 Baked Chicken with Rice Pilaf and Roasted Veggies	30 Sausage Veggie Pizza made with Focaccia	31 3 Sisters Meatballs with Rotini and Marinara	 Harvest of the Month COUPEVILLE SCHOOL DISTRICT APPLES!

Lunch Prices: Middle and High School Student: \$3.45 | Adult: \$5.00 All Lunch Entrees come with our salad bar, fresh fruit, and milk. Menu subject to change. Visit the Coupeville Connected Food Program website for meal prices and information about our free and reduced-price program at <http://www.coupeville.k12.wa.us> Contact Andreas Wurzrainer or Laura Luginbill at 360-678-2452, awurzrainer@coupeville.k12.wa.us | lluginbill@coupeville.k12.wa.us with questions on the menu or food service program. Follow us on Facebook or Instagram @coupevilleconnectedfoodprogram

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