

NOVEMBER 2018

East Moline School District K-5 Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

- 5**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Meat & Cheese Nachos
 - Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

- 6**
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Lasagna
 - Garlic Bread
 - Fruit & Vegetable Choices
 - Mixed Fruit
 - Chopped Romaine

- 7**
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
 - Chicken Nuggets
 - Dinner Roll
 - Fruit & Vegetable Choices
 - Strawberries
 - Mashed Potatoes

- 8**
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Cheese Pizza
 - Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

- 9**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
- ½ Day Early Release
No Lunch

- 12**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Mini Corn Dogs (turkey)
 - Fruit & Vegetable Choices
 - Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

- 13**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Walking Taco
 - Fruit & Vegetable Choices
 - Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 14**
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Grilled Cheese Sandwich
 - Tomato Soup
 - Fruit & Vegetable Choices
 - Mixed Fruit
 - Broccoli Florets

- 15**
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Mandarin Orange Chicken
 - Fruit & Vegetable Choices
 - Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 16**
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Pizza Crunchers
 - Fruit & Vegetable Choices
 - Mandarin Oranges
 - Vegetable Choices
 - Corn

- 19**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Turkey & Gravy
 - Dinner Roll
 - Chocolate Chip Graham Bites
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Mashed Potatoes

- 20**
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Max Sticks
 - Marinara Sauce
 - Fruit & Vegetable Choices
 - Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

21

THANKSGIVING BREAK

No School

22

THANKSGIVING BREAK

No School

23

THANKSGIVING BREAK

No School

- 26**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Hot Dog (turkey)
 - Fruit & Vegetable Choices
 - Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 27**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Nacho Bites
 - Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

- 28**
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Chili w/ Combread Muffin
 - Crackers
 - Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

- 29**
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Chicken Strips
 - Dinner Roll
 - Fruit & Vegetable Choices
 - Mixed Fruit
 - Mashed Potatoes
 - Chopped Romaine

- 30**
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Galaxy Cheese Pizza
 - Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

Breakfast
Our breakfast includes all items listed plus juice and a choice of milk.

Lunch
Our lunch includes all items listed plus a choice of milk.

Did you know that all of our canned fruit is served in 100% fruit juice or in extra light syrup?

For a color version of this menu and nutrition information, check out the food service department on the district website:
www.emsd37.org

The USDA & SFA prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. The USDA & SFA are an equal opportunity provider & employer.

Menu subject to change without notice

CATCH PROGRAM
Go - Slow - Whoa

