

# NOVEMBER 2018

## East Moline School District 6-8<sup>th</sup> Grade Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Breakfast

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

### Alternate Breakfast Entrees Offered Daily

- Cereal, Cereal Bars, Yogurt, Cheese Sticks, and Graham Crackers

### Lunch

Our lunch includes:

- All items listed plus a choice of milk.

### Alternate Lunch Entrees Offered Daily

- Deli Sandwiches
- BIG Salads
- Parfaits
- Wraps
- Uncrustables

### Variety of Fresh Fruit & Vegetables Offered Daily

\*Veggies available with reduced calorie ranch

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

[www.emsd37.org](http://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\*

### 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
- Mini Cinnamon Rolls
  - Fresh Strawberries

- Cheesy Garlic French Bread Pizza
- Marinara sauce
- Corn
- Vegetable Choices
- Fruit Choices

- 12
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Applesauce

- Mini Corn Dogs (turkey)
- Baked Beans
- Vegetable Choices
- Fruit Choices

- 19
- Chocolate Muffin
  - Yogurt
  - Orange Slices

- Turkey & Gravy
- Dinner Roll
- Chocolate Chip Graham Bites
- Vegetable Choices
- Fruit Choices

- 26
- Chocolate Muffin
  - Yogurt
  - Orange Slices

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

- 6
- Bacon Scramble Pizza
  - Grapes

- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

- 13
- Mini Breakfast Pizzas
  - Sliced Peaches

- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

- 20
- Oatmeal Bar
  - Sliced Peaches

- Spicy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

- 27
- Breakfast Bites
  - Syrup
  - Fresh Pineapple Wedge

- Nacho Bites
- Refried Beans
- Salsa
- Vegetable Choices
- Fruit Choices

- 7
- Pop-Tart
  - Banana

- Lasagna
- Garlic Bread
- Vegetable Choices
- Fruit Choices

- 14
- Maple Mini Pancakes
  - Banana

- Grilled Cheese Sandwich
- Tomato Soup
- Vegetable Choices
- Fruit Choices

- 21

THANKSGIVING  
BREAK

No School

- 28
- Pop-Tart
  - Banana

- Chili w/ Cornbread Muffin
- Crackers
- Vegetable Choices
- Fruit Choices

- 1
- Cinnamon Roll
  - String Cheese Stick
  - Orange Slices

- Cheeseburger
- Baked French Fries
- Vegetable Choices
- Fruit Choices

- 8
- Chocolate Muffin
  - Yogurt
  - Orange Slices

- Chicken Nuggets
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

- 15
- Breakfast Bites
  - Syrup
  - Pineapple Tidbits

- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas
- Fortune Cookie

- 22

THANKSGIVING  
BREAK

No School

- 29
- Breakfast Sandwich
  - Applesauce Cup

- Spicy Chicken Fingers
- Or
- Chicken Fries
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

- 2
- Cinnamon Rush
  - Mini French Toast
  - Mixed Fruit

- Bosco Sticks w/Marinara Sauce
- Vegetable Choices
- Fruit Choices

- 9
- Mini Breakfast Pizzas
  - Sliced Peaches

½ Day Early Release  
No Lunch

- 16
- Cherry Frudel
  - Mandarin Oranges

- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

- 23

THANKSGIVING  
BREAK

No School

- 30
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Sliced Peaches

- Galaxy Cheese Pizza
- Vegetable Choices
- Fruit Choices