

December 2018

East Moline School District K-5 Breakfast & Lunch Menu

Monday

3

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

• Crispy Chicken Sandwich
Fruit & Vegetable Choices

- Sliced Peaches
- Broccoli Florets
- Corn

10

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

• BBQ Rib Sandwich
Fruit & Vegetable Choices

- Fresh Pineapple Wedge
- Baked Tater Tots
- Mandarin Oranges

(Bowlesburg Sack Lunch for Holiday Program)

17

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

• Mini Corn Dogs (turkey)
Fruit & Vegetable Choices

- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

24

WINTER BREAK

No School

31

WINTER BREAK

No School

Tuesday

4

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

• Soft Taco
Fruit & Vegetable Choices

- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

11

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

• Meat & Cheese Nachos
Fruit & Vegetable Choices

- Apple Slices
- Refried Beans
- Salsa

18

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

• Walking Taco
Fruit & Vegetable Choices

- Apple Slices
- Carroteenies
- Shredded Lettuce

25

WINTER BREAK

No School

Wednesday

5

- Blueberry Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

• Sloppy Joe
Fruit & Vegetable Choices

- Strawberries
- Carroteenies
- Cucumber Slices

12

- Chocolate Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

• Lasagna

• Garlic Bread
Fruit & Vegetable Choices

- Mixed Fruit
- Chopped Romaine

19

- Blueberry Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

• Grilled Cheese Sandwich
Fruit & Vegetable Choices

- Tomato Soup
- Mixed Fruit
- Broccoli Florets

26

WINTER BREAK

No School

Thursday

6

- Coco Cherry Soft Baked Bar
- Birthday Cake Grahams
- Fresh Fruit or Fruit Cup

• Hamburger
Fruit & Vegetable Choices

- Apple Slices
- Baked French Fries
- Celery Sticks

13

- Coco Cherry Soft Baked Bar
- Strawberry Grahams
- Fresh Fruit or Fruit Cup

• Chicken Nuggets

• Dinner Roll
Fruit & Vegetable Choices

- Strawberries
- Mashed Potatoes

20

- 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

27

WINTER BREAK

No School

Friday

7

- Berry Apple Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

• Fiestada Pizza
Fruit & Vegetable Choices

- Peaches
- Vegetable Choices
- Green Beans

14

- Strawberry Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

• Cheese Pizza
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

21

- Berry Apple Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

• Pizza Crunchers
Fruit & Vegetable Choices

- Mandarin Oranges
- Vegetable Choices
- Corn

28

WINTER BREAK

No School

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

Did you know...

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.