

# December 2018

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

### Monday

**3**

- Strawberry Mini Pancakes
- Strawberries

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- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

**10**

- Mini Cinnamon Rolls
- Strawberries

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- Spicy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

**17**

- Cinnamon Glazed French Toast Sticks
- Syrup
- Applesauce

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

**24**

**WINTER BREAK**

No School

**31**

**WINTER BREAK**

No School

### Tuesday

**4**

- Scone
- Yogurt
- Fresh Pineapple Wedge

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- Soft Taco
- Refried Beans
- Mexican Rice
- Salsa
- Vegetable Choices
- Fruit Choices

**11**

- Bacon Scramble Pizza
- Grapes

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

**18**

- Mini Breakfast Pizzas
- Sliced Peaches

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- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

**25**

**WINTER BREAK**

No School

**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.

### Wednesday

**5**

- Apple Frudel
- Banana

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- Sloppy Joe
- Vegetable Choices
- Fruit Choices

**12**

- Pop-Tart
- Banana

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- Lasagna
- Garlic Bread
- Vegetable Choices
- Fruit Choices

**19**

- Maple Mini Pancakes
- Banana

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

**26**

**WINTER BREAK**

No School

### Thursday

**6**

- Cinnamon Roll
- String Cheese Sticks
- Orange Slices

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

**13**

- Chocolate Muffin
- Yogurt
- Orange Slices

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

**20**

- Breakfast Bites
- Syrup
- Pineapple Tidbits

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

**27**

**WINTER BREAK**

No School

### Friday

**7**

- Cinnamon Rush Mini French Toast
- Mixed Fruit

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

**14**

- Mini Breakfast Pizzas
- Sliced Peaches

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- Hot Dog (turkey) Or Chili Dog
- BBQ Baked Beans
- Vegetable Choices
- Fruit Choices

**21**

- Cherry Frudel
- Mandarin Oranges

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- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

**28**

**WINTER BREAK**

No School

### 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\*