

JANUARY 2019

East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
WINTER BREAK

No School

2
WINTER BREAK

No School

3
WINTER BREAK

No School

4
WINTER BREAK

No School

- 7
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Hot Dog (turkey)
 - Fruit & Vegetable Choices
 - Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 8
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Fiestada Pizza
 - Fruit & Vegetable Choices
 - Orange Slices
 - Cucumber Slices
 - Corn

- 9
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Spaghetti w/ Meat Sauce
 - Garlic Bread
 - Fruit & Vegetable Choices
 - Sliced Pears
 - Chopped Romaine
 - Mixed Fruit

- 10
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
 - Popcorn Chicken
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

- 11
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Max Sticks
 - Marinara Sauce
 - Fruit & Vegetable Choices
 - Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

- 14
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Turkey & Gravy
 - Dinner Roll
 - Chocolate Chip Graham Bites
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Mashed Potatoes

- 15
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Nacho Bites
 - Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

- 16
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Chili w/ Cornbread Muffin
 - Crackers
 - Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

- 17
- 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

- 18
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Galaxy Cheese Pizza
 - Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

21
MARTIN LUTHER KING DAY

No School

- 22
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Crispy Chicken Sandwich
 - Fruit & Vegetable Choices
 - Sliced Peaches
 - Broccoli Florets
 - Corn

- 23
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Soft Taco
 - Fruit & Vegetable Choices
 - Orange Slices
 - Refried Beans
 - Shredded Lettuce
 - Salsa

- 24
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Sloppy Joe
 - Fruit & Vegetable Choices
 - Strawberries
 - Carroteenies
 - Cucumber Slices

- 25
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Hamburger
 - Fruit & Vegetable Choices
 - Apple Slices
 - Baked French Fries
 - Celery Sticks

- 28
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - BBQ Rib Sandwich
 - Fruit & Vegetable Choices
 - Fresh Pineapple Wedge
 - Baked Tater Tots
 - Mandarin Oranges

- 29
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Meat & Cheese Nachos
 - Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

- 30
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Lasagna
 - Garlic Bread
 - Fruit & Vegetable Choices
 - Mixed Fruit
 - Chopped Romaine

- 31
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
 - Chicken Nuggets
 - Dinner Roll
 - Fruit & Vegetable Choices
 - Strawberries
 - Mashed Potatoes

DID YOU KNOW...
January's gem is garnet which represents constancy.

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