

# JANUARY 2019

## East Moline School District 6-8<sup>th</sup> Grade 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
- Oatmeal Bar
  - Sliced Pears

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

- 8
- Bacon Scramble Pizza
  - Strawberries

- Fiestada Pizza
- Refried Beans
- Diced Tomatoes
- Vegetable Choices
- Fruit Choices

- 9
- Blueberry Muffin
  - Yogurt
  - Banana

- Spaghetti w/ Meat Sauce
- Garlic Bread
- Vegetable Choices
- Fruit Choices

- 10
- Mini Cinnamon Rolls
  - Mixed Fruit

- Popcorn Chicken
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

- 11
- Parfait
  - Applesauce
  - Cinnamon Crisps

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

- 14
- Chocolate Muffin
  - Yogurt
  - Orange Slices

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

- 15
- Breakfast Bites
  - Syrup
  - Fresh Pineapple Wedge

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

- 16
- Pop-Tart
  - Banana

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

- 17
- Breakfast Sandwich
  - Applesauce Cup

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

- 18
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Sliced Peaches

- Galaxy Cheese Pizza
- Vegetable Choices
- Fruit Choices

- 22
- Strawberry Mini Pancakes
  - Strawberries

- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

- 23
- Apple Frudel
  - Banana

- Sloppy Joe
- Vegetable Choices
- Fruit Choices

- 24
- Scone
  - Yogurt
  - Fresh Pineapple Wedge

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

- 25
- Cinnamon Roll
  - String Cheese Stick
  - Orange Slices

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

- 28
- Mini Cinnamon Rolls
  - Strawberries

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

- 29
- Bacon Scramble Pizza
  - Grapes

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

- 30
- Pop-Tart
  - Banana

- Lasagna
- Garlic Bread
- Vegetable Choices
- Fruit Choices

- 31
- Chocolate Muffin
  - Yogurt
  - Orange Slices

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

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

### 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)

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\*Menu subject to change without notice\*