

FEBRUARY 2019

East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

- 1**
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices
 - Green Beans

- 4**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

- 5**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 6**
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Grilled Cheese Sandwich
 - Tomato Soup
- Fruit & Vegetable Choices
- Mixed Fruit
 - Broccoli Florets

- 7**
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
 - Vegetable Fried Rice
 - Vegetable Choice

8

PARENT/TEACHER CONFERENCES

No School

- 11**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 12**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Fiestada Pizza
- Fruit & Vegetable Choices
- Orange Slices
 - Cucumber Slices
 - Corn

- 13**
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
 - Chopped Romaine
 - Mixed Fruit

- 14**
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
 - Popcorn Chicken
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

15

- Strawberry Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

½ Day Early Release

No Lunch

18

PRESIDENT'S DAY

No School

- 19**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Turkey & Gravy
 - Dinner Roll
 - Chocolate Chip Graham Bites
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes

- 20**
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Chili w/ Cornbread Muffin
 - Crackers
- Fruit & Vegetable Choices
- Apple Slices
 - Broccoli Florets
 - Baby Carrots

- 21**
- 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

- 22**
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices
 - Green Beans

- 25**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
 - Broccoli Florets
 - Corn

- 26**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
 - Refried Beans
 - Shredded Lettuce
 - Salsa

- 27**
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Sloppy Joe
- Fruit & Vegetable Choices
- Strawberries
 - Carroteenies
 - Cucumber Slices

- 28**
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Hamburger
- Fruit & Vegetable Choices
- Apple Slices
 - Baked French Fries
 - Celery Sticks

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