

# FEBRUARY 2019

## East Moline School District 6-8<sup>th</sup> Grade 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.

- 4**
- French Toast Sticks
    - Syrup
    - Applesauce
  - Mini Corn Dogs (turkey)
    - Baked Beans
    - Vegetable Choices
    - Fruit Choices

- 5**
- Mini Breakfast Pizzas
    - Sliced Peaches
  - Walking Taco
    - Salsa
    - Vegetable Choices
    - Fruit Choices

- 6**
- Maple Mini Pancakes
    - Banana
  - Grilled Cheese Sandwich
    - Tomato Soup
    - Vegetable Choices
    - Fruit Choices

- 7**
- Breakfast Bites
    - Syrup
    - Pineapple Tidbits
  - Mandarin Orange Chicken
    - Fruit & Vegetable Choices
      - Sliced Pears
      - Vegetable Fried Rice
      - Sugar Snap Peas
      - Fortune Cookie

**8**

PARENT/TEACHER  
CONFERENCES

No School

- 11**
- Oatmeal Bar
    - Sliced Pears
  - Spicy Chicken Sandwich
    - Vegetable Choices
    - Fruit Choices

- 12**
- Bacon Scramble Pizza
    - Strawberries
  - Fiestada Pizza
    - Refried Beans
    - Diced Tomatoes
    - Vegetable Choices
    - Fruit Choices

- 13**
- Blueberry Muffin
    - Yogurt
    - Banana
  - Spaghetti w/ Meat Sauce
    - Garlic Bread
    - Vegetable Choices
    - Fruit Choices

- 14**
- Mini Cinnamon Rolls
    - Mixed Fruit
  - Popcorn Chicken
    - Mashed Potatoes
    - Vegetable Choices
    - Fruit Choices

- 15**
- Parfait
  - Applesauce
  - Cinnamon Crisps

½ Day Early Release  
No Lunch

**18**

PRESIDENT'S DAY

No School

- 19**
- Chocolate Muffin
    - Yogurt
    - Orange Slices
  - Turkey & Gravy
    - Dinner Roll
  - Chocolate Chip Graham Bites
    - Vegetable Choices
    - Fruit Choices

- 20**
- Pop-Tart
    - Banana
  - Chili w/ Cornbread Muffin
    - Crackers
    - Vegetable Choices
    - Fruit Choices

- 21**
- Breakfast Sandwich
    - Applesauce Cup
  - Spicy Chicken Fingers
    - Or
      - Chicken Fries
      - Dinner Roll
      - Mashed Potatoes
      - Vegetable Choices
      - Fruit Choices

- 22**
- French Toast Sticks
    - Syrup
    - Sliced Peaches
  - Galaxy Cheese Pizza
    - Vegetable Choices
    - Fruit Choices

- 25**
- Strawberry Mini Pancakes
    - Strawberries
  - Crispy Chicken Sandwich
    - Vegetable Choices
    - Fruit Choices

- 26**
- Scone
    - Yogurt
  - Fresh Pineapple Wedge
    - Soft Taco
      - Refried Beans
      - Mexican Rice
      - Salsa
      - Vegetable Choices
      - Fruit Choices

- 27**
- Apple Frudel
    - Banana
  - Sloppy Joe
    - Vegetable Choices
    - Fruit Choices

- 28**
- Cinnamon Roll
    - String Cheese Stick
    - Orange Slices
  - Cheeseburger
    - Baked French Fries
    - Vegetable Choices
    - Fruit Choices

### 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\*