

MARCH 2019

East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."

- 4**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
-
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
 - Baked Tater Tots
 - Mandarin Oranges

- 5**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
-
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
 - Refried Beans
 - Salsa

- 6**
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
-
- Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
 - Vegetable Choices
 - Green Beans

- 7**
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
 - Mashed Potatoes

- 8**
- INSERVICE DAY
- No School

- 11**
- SPRING BREAK
- No School

- 12**
- SPRING BREAK
- No School

- 13**
- SPRING BREAK
- No School

- 14**
- SPRING BREAK
- No School

- 15**
- SPRING BREAK
- No School

- 18**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
-
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

- 19**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
-
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 20**
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
-
- Turkey & Cheese Sandwich
- Fruit & Vegetable Choices
- Reduced Fat Doritos
 - Fruit Cocktail
 - Broccoli Florets

- 21**
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
-
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 22**
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
-
- Pizza Crunchers
- Fruit & Vegetable Choices
- Mandarin Oranges
 - Vegetable Choices
 - Corn

- 25**
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
-
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 26**
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
-
- Fiestada Pizza
- Fruit & Vegetable Choices
- Orange Slices
 - Cucumber Slices
 - Corn

- 27**
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
-
- Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
 - Chopped Romaine
 - Mixed Fruit

- 28**
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
-
- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
 - Mashed Potatoes
 - Carroteenies

- 29**
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
-
- Max Sticks
 - Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

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