

# MARCH 2019

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

- Mini Cinnamon Rolls
- Fresh Strawberries

4

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

- Bacon Scramble Pizza
- Grapes

5

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

- Pop-Tart
- Banana

6

- Philly Cheesesteak Sandwich or
- BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices
- Fruit Choices

- Chocolate Muffin
- Yogurt
- Orange Slices

7

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

- Cinnamon Rush Mini French Toast
- Mixed Fruit

1

- Chicken Alfredo
- Garlic Bread
- Vegetable Choices
- Fruit Choices

- INSERVICE DAY

8

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

- French Toast Sticks
- Syrup
- Applesauce

18

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

- Mini Breakfast Pizzas
- Sliced Peaches

19

- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

- Maple Mini Pancakes
- Banana

20

- BBQ Pulled Pork Sandwich or
- Meatball Sub
- Baked Waffle Fries
- Vegetable Choices
- Fruit Choices

- Breakfast Bites
- Syrup
- Pineapple Tidbits

21

- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas
- Fortune Cookie

- Cherry Frudel
- Mandarin Oranges

22

- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

- Oatmeal Bar
- Sliced Pears

25

- Spicy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

- Bacon Scramble Pizza
- Fresh Strawberries

26

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

- Blueberry Muffin
- Yogurt
- Banana

27

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

- Mini Cinnamon Rolls
- Mixed Fruit

28

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

- Parfait
- Applesauce
- Cinnamon Crisps

29

- Cheesy Garlic French Bread Pizza
- Marinara sauce
- Corn
- 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)

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\*Menu subject to change without notice\*