

APRIL 2019

East Moline School District K-5 Breakfast & Lunch Menu

Monday

- 1
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Philly Cheesesteak Sandwich
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Corn
 - Pepper Strips

- 8
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Crispy Chicken Sandwich
 - Fruit & Vegetable Choices
 - Sliced Peaches
 - Broccoli Florets
 - Corn

- 15
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - BBQ Rib Sandwich
 - Fruit & Vegetable Choices
 - Fresh Pineapple Wedge
 - Baked Tater Tots
 - Mandarin Oranges

- 22
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Mini Corn Dogs (turkey)
 - Fruit & Vegetable Choices
 - Cantaloupe Wedge
 - BBQ Baked Beans
 - Celery Sticks

- 29
- Cereal Bar
 - Yogurt
 - Fresh Fruit or Fruit Cup
 - Hot Dog (turkey)
 - Fruit & Vegetable Choices
 - Grapes
 - BBQ Baked Beans
 - Celery Sticks

Tuesday

- 2
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Nacho Bites
 - Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

- 9
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Soft Taco
 - Fruit & Vegetable Choices
 - Orange Slices
 - Refried Beans
 - Shredded Lettuce
 - Salsa

- 16
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Meat & Cheese Nachos
 - Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

- 23
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Walking Taco
 - Fruit & Vegetable Choices
 - Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 30
- Chocolate Chip Oatmeal Bar
 - Fresh Fruit or Fruit Cup
 - Fiestada Pizza
 - Fruit & Vegetable Choices
 - Orange Slices
 - Cucumber Slices
 - Corn

Wednesday

- 3
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Uncrustable
 - Sun Chips
 - Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

- 10
- Blueberry Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Sloppy Joe
 - Fruit & Vegetable Choices
 - Fresh Strawberries
 - Carroteenies
 - Cucumber Slices

- 17
- Coco Cherry Soft Baked Bar
 - Strawberry Grahams
 - Fresh Fruit or Fruit Cup
 - Chicken Nuggets
 - Dinner Roll
 - Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes

- 24
- Chocolate Muffin
 - Cheese Stick
 - Fresh Fruit or Fruit Cup
 - Turkey & Cheese Sandwich
 - Reduced Fat Doritos
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Broccoli Florets

Thursday

- 4
- 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

- 11
- Coco Cherry Soft Baked Bar
 - Birthday Cake Grahams
 - Fresh Fruit or Fruit Cup
 - Hamburger
 - Fruit & Vegetable Choices
 - Apple Slices
 - Baked French Fries
 - Celery Sticks

- 18
- Strawberry Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Cheese Pizza
 - Fruit & Vegetable Choices
 - Applesauce
 - Vegetable Choices
 - Green Beans

- 25
- 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

Friday

- 5
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Galaxy Cheese Pizza
 - Fruit & Vegetable Choices
 - Applesauce
 - Vegetable Choices
 - Green Beans

- 12
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Hot Dog (turkey)
 - Fruit & Vegetable Choices
 - Peaches
 - Vegetable Choices
 - Green Beans

19

NON STUDENT ATTENDANCE DAY

No School

- 26
- Berry Apple Crisp Nutrition Bar
 - Fresh Fruit or Fruit Cup
 - Pizza Crunchers
 - Fruit & Vegetable Choices
 - Mandarin Oranges
 - Vegetable Choices
 - Corn

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

DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.