

APRIL 2019



East Moline School District 6-8th Grade Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> Chocolate Muffin Yogurt Orange Slices <hr/> <ul style="list-style-type: none"> Breaded Chicken Bites Dinner Roll Rice Krispie Treat Vegetable Choices Fruit Choices 	<p>2</p> <ul style="list-style-type: none"> Breakfast Bites Syrup Fresh Pineapple Wedge <hr/> <ul style="list-style-type: none"> Nacho Bites Refried Beans Salsa Vegetable Choices Fruit Choices 	<p>3</p> <ul style="list-style-type: none"> Pop-Tart Banana <hr/> <ul style="list-style-type: none"> Crispito's Vegetable Choices Fruit Choices 	<p>4</p> <ul style="list-style-type: none"> Breakfast Sandwich Fresh Berries <hr/> <ul style="list-style-type: none"> Spicy Chicken Fingers Or Chicken Fries Dinner Roll Mashed Potatoes Vegetable Choices Fruit Choices 	<p>5</p> <ul style="list-style-type: none"> French Toast Sticks Syrup Sliced Peaches <hr/> <ul style="list-style-type: none"> Galaxy Cheese Pizza Vegetable Choices Fruit Choices
<p>8</p> <ul style="list-style-type: none"> Strawberry Mini Pancakes Strawberries <hr/> <ul style="list-style-type: none"> Crispy Chicken Sandwich Vegetable Choices Fruit Choices 	<p>9</p> <ul style="list-style-type: none"> Scone Yogurt Fresh Pineapple Wedge <hr/> <ul style="list-style-type: none"> Soft Taco Refried Beans Mexican Rice Salsa Vegetable Choices Fruit Choices 	<p>10</p> <ul style="list-style-type: none"> Apple Frudel Banana <hr/> <ul style="list-style-type: none"> Sloppy Joe Vegetable Choices Fruit Choices 	<p>11</p> <ul style="list-style-type: none"> Cinnamon Roll String Cheese Stick Orange Slices <hr/> <ul style="list-style-type: none"> Cheeseburger Baked French Fries Vegetable Choices Fruit Choices 	<p>12</p> <ul style="list-style-type: none"> Cinnamon Rush Mini French Toast Mixed Fruit <hr/> <ul style="list-style-type: none"> Bosco Sticks w/Marinara Sauce Vegetable Choices Fruit Choices
<p>15</p> <ul style="list-style-type: none"> Mini Cinnamon Rolls Fresh Strawberries <hr/> <ul style="list-style-type: none"> Godfathers Pizza Vegetable Choices Fruit Choices 	<p>16</p> <ul style="list-style-type: none"> Bacon Scramble Pizza Grapes <hr/> <ul style="list-style-type: none"> Meat & Cheese Nachos Salsa Vegetable Choices Fruit Choices 	<p>17</p> <ul style="list-style-type: none"> Pop-Tart Banana <hr/> <ul style="list-style-type: none"> Philly Cheesesteak Sandwich or BBQ Rib Sandwich Baked Tater Tots Vegetable Choices Fruit Choices 	<p>18</p> <ul style="list-style-type: none"> Chocolate Muffin Yogurt Orange Slices <hr/> <ul style="list-style-type: none"> Chicken Nuggets Dinner Roll Mashed Potatoes Vegetable Choices Fruit Choices 	<p>19</p> <p>NON STUDENT ATTENDANCE DAY</p> <p>No School</p>
<p>22</p> <ul style="list-style-type: none"> French Toast Sticks Syrup Applesauce <hr/> <ul style="list-style-type: none"> Mini Corn Dogs (turkey) BBQ Baked Beans Vegetable Choices Fruit Choices 	<p>23</p> <ul style="list-style-type: none"> Mini Breakfast Pizzas Sliced Peaches <hr/> <ul style="list-style-type: none"> Walking Taco Salsa Vegetable Choices Fruit Choices 	<p>24</p> <ul style="list-style-type: none"> Maple Mini Pancakes Banana <hr/> <ul style="list-style-type: none"> Meatball Sub Baked Waffle Fries Vegetable Choices Fruit Choices 	<p>25</p> <ul style="list-style-type: none"> Breakfast Bites Syrup Pineapple Tidbits <hr/> <ul style="list-style-type: none"> Mandarin Orange Chicken <u>Fruit & Vegetable Choices</u> Sliced Pears Vegetable Fried Rice Sugar Snap Peas Fortune Cookie 	<p>26</p> <ul style="list-style-type: none"> Cherry Frudel Mandarin Oranges <hr/> <ul style="list-style-type: none"> Pizza Crunchers Corn Vegetable Choices Fruit Choices
<p>29</p> <ul style="list-style-type: none"> Oatmeal Bar Sliced Pears <hr/> <ul style="list-style-type: none"> Spicy Chicken Sandwich Vegetable Choices Fruit Choices 	<p>30</p> <ul style="list-style-type: none"> Bacon Scramble Pizza Fresh Strawberries <hr/> <ul style="list-style-type: none"> Fiestada Pizza Refried Beans Diced Tomatoes Vegetable Choices Fruit Choices 	<p>DID YOU KNOW...</p> <p>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.</p>		

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

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Menu subject to change without notice