

MAY 2019



East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

- Lasagna
- Garlic Bread
- Fruit & Vegetable Choices
- Fruit Cocktail
- Chopped Romaine

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
- Broccoli Florets
- Corn

- Cereal Bar
- Yogurt
- Fresh Fruit or Fruit Cup

- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Broccoli Florets

MEMORIAL DAY

TUESDAY

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

- Nacho Bites
- Fruit & Vegetable Choices
- Honeydew Wedge
- Refried Beans
- Salsa
- Kiwi

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

- Chocolate Chip Oatmeal Bar
- Fresh Fruit or Fruit Cup

- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Apple slices
- Carroteenies

Cook's Choice

WEDNESDAY

- Blueberry Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
- Chopped Romaine
- Mixed Fruit

- Chocolate Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

- Uncrustable
- Sun Chips
- Fruit & Vegetable Choices
- Apple Slices
- Broccoli Florets
- Baby Carrots

- Blueberry Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

- Sloppy Joe
- Fruit & Vegetable Choices
- Fresh Strawberries
- Carroteenies
- Cucumber Slices

- Chocolate Muffin
- Cheese Stick
- Fresh Fruit or Fruit Cup

- Grilled Cheese Sandwich
- Sun Chips
- Fruit & Vegetable Choices
- Mixed Fruit
- Celery

Cook's Choice

THURSDAY

- Coco Cherry Soft Baked Bar
- Vanilla Goldfish Grahams
- Fresh Fruit or Fruit Cup

- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes
- Carroteenies

- Coco Cherry Soft Baked Bar
- Scooby Doo Grahams
- Fresh Fruit or Fruit Cup

- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
- Mashed Potatoes

- Coco Cherry Soft Baked Bar
- Bug Bite Grahams
- Fresh Fruit or Fruit Cup

- Cheeseburger
- Fruit & Vegetable Choices
- Apple Slices
- Baked French Fries
- Celery Sticks

- Coco Cherry Soft Baked Bar
- Graham Crackers
- Fresh Fruit or Fruit Cup

- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes

Cook's Choice

FRIDAY

- Strawberry Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
- Vegetable Choices
- Green Beans

- Berry Apple Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

- Berry Apple Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

½ Day Early Release
No Lunch

- Strawberry Crisp Nutrition Bar
- Fresh Fruit or Fruit Cup

- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
- Green Beans

Cook's Choice

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

