

MAY 2019



East Moline School District 6-8th Grade 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.

- 6
- Chocolate Muffin
 - Yogurt
 - Orange Slices
-
- Breaded Chicken Bites
 - Dinner Roll
 - Rice Krispie Treat
 - Vegetable Choices
 - Fruit Choices

- 13
- Strawberry Mini Pancakes
 - Strawberries
-
- Crispy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

- 20
- Breakfast Bites
 - Syrup
 - Pineapple Tidbits
-
- Mandarin Orange Chicken
 - Vegetable Fried Rice
 - Fortune Cookie
 - Vegetable Choices
 - Fruit Choices

27

MEMORIAL DAY

TUESDAY

- 7
- Breakfast Bites
 - Syrup
-
- Fresh Pineapple Wedge
 - Nacho Bites
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 14
- Scone
 - Yogurt
-
- Fresh Pineapple Wedge
 - Soft Taco
 - Refried Beans
 - Mexican Rice
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 21
- Breakfast Sandwich
 - Grapes
-
- Philly Cheesesteak Sandwich
 - Baked Tater Tots
 - Vegetable Choices
 - Fruit Choices

- 28
- Breakfast Sandwich
 - Fruit Choices
-
- Godfather's Pizza
 - Vegetable Choices
 - Fruit Choices

WEDNESDAY

- 1
- Blueberry Muffin
 - Yogurt
 - Banana
-
- Spaghetti w/ Meat Sauce
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

- 8
- Pop-Tart
 - Banana
-
- Crispito's
 - Vegetable Choices
 - Fruit Choices

- 15
- Apple Frudel
 - Banana
-
- Sloppy Joe
 - Vegetable Choices
 - Fruit Choices

- 22
- Pancakes w/ Syrup
 - Banana
-
- Grilled Cheese Sandwich
 - Sun Chips
 - Vegetable Choices
 - Fruit Choices

- 29
- Cook's Choice
 - Lasagna
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

THURSDAY

- 2
- Mini Cinnamon Rolls
 - Mixed Fruit
-
- Popcorn Chicken
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 9
- Breakfast Sandwich
 - Fresh Berries
-
- Spicy Chicken Fingers Or
 - Chicken Fries
 - Dinner Roll
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 16
- Cinnamon Roll
 - String Cheese Stick
 - Orange Slices
-
- Cheeseburger
 - Baked French Fries
 - Vegetable Choices
 - Fruit Choices

- 23
- Cinnamon Roll
 - String Cheese Stick
 - Orange Slices
-
- Chicken Nuggets
 - Dinner Roll
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 30
- Cinnamon Roll
 - Fruit Choices
-
- Cooks Choice

FRIDAY

- 3
- Parfait
 - Applesauce
 - Cinnamon Crisps
-
- Cheesy Garlic French Bread Pizza
 - Marinara sauce
 - Corn
 - Vegetable Choices
 - Fruit Choices

- 10
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Sliced Peaches
-
- Galaxy Cheese Pizza
 - Vegetable Choices
 - Fruit Choices

- 17
- Breakfast Sandwich
 - Mixed Fruit
-
- ½ Day Early Release
No Lunch

- 24
- Cinnamon Rush Mini French Toast
 - Mixed Fruit
-
- Bosco Sticks w/Marinara Sauce
 - Vegetable Choices
 - Fruit Choices

- 31
- Cook's Choice

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