

September 2019

East Moline School District K-5 Breakfast & Lunch Menu

Monday

LABOR DAY
NO SCHOOL

2

Tuesday

- Breakfast Bites
- Syrup
- Diced Pears

3

- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Honeydew Wedge
- Corn

Wednesday

- Cheese Omelet & Toast
- Banana

4

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

Thursday

- Breakfast Sandwich
- Fresh Pineapple Wedge

5

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

Friday

- Cinnamon Glazed French Toast Sticks
- Syrup
- Diced Peaches

6

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

Breakfast and Lunch is provided at no cost for all students

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.

All of our canned fruit is served in 100% fruit juice or 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

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge

9

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

- Cinnamon Roll
- String Cheese Stick
- Applesauce

10

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

- Apple Frudel
- Banana

11

- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
- Fresh Strawberries
- Baby Carrots

- Strawberry Mini Pancakes
- Diced Pears

12

- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
- Baked French Fries

- Pop-Tart
- Birthday Cake Grahams
- Mixed Fruit

13

- Crispito
- Fruit & Vegetable Choices
- Mandarin/Pineapple
- Vegetable Choices
- Green Beans

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries

16

- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
- Baked Tater Tots
- Pepper Strips

- Bacon Scramble Pizza (turkey)
- Fruit Cup

17

- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
- Refried Beans
- Salsa

- Scrambled Eggs, sausage link & Toast
- Banana

18

- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Honeydew Wedge
- Chopped Romaine
- Grape Tomatoes

- Chocolate Muffin
- Yogurt
- Orange Slices

19

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

- Mini Cinnamon Rolls
- Sliced Peaches

20

- Cheese Pizza
- Fruit & Vegetable Choices
- Applesauce Cup
- Vegetable Choices
- Green Beans

- Maple Mini Pancakes
- Applesauce

23

- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

- Mini Breakfast Pizzas
- Fresh Grapes

24

- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
- Carroteenies
- Shredded Lettuce

- Assorted Cereal
- Graham Crackers
- Banana

25

- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets
- Cucumber Slices

- Breakfast Bites
- Syrup
- Pineapple Tidbits

26

- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

- Coco Cherry Soft Baked Bar
- Yogurt
- Mandarin Oranges

27

½ day early release
NO LUNCH

- Oatmeal Bar
- Fresh Berries

30

- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
- BBQ Baked Beans
- Celery Sticks

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.