

# September 2019

## East Moline School District 6-8<sup>th</sup> Grade Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b> <b>NO SCHOOL</b>	<ul style="list-style-type: none"> <li>● Breakfast Bites                             <ul style="list-style-type: none"> <li>● Syrup</li> <li>● Diced Pears</li> </ul> </li> <li>● Philly Cheesesteak Sandwich                             <ul style="list-style-type: none"> <li>● Corn</li> </ul> </li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Cheese Omelet &amp; Toast                             <ul style="list-style-type: none"> <li>● Banana</li> </ul> </li> <li>● Crispito's</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast Sandwich</li> <li>● Fresh Pineapple Wedge</li> <li>● Spicy Chicken Fingers                             <ul style="list-style-type: none"> <li>● Dinner Roll</li> </ul> </li> <li>● Mashed Potatoes</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Cinnamon Glazed French Toast Sticks                             <ul style="list-style-type: none"> <li>● Syrup</li> <li>● Diced Peaches</li> </ul> </li> <li>● Buffalo Chicken or Meat Lovers Pizza</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>
<ul style="list-style-type: none"> <li>● Pancakes w/syrup</li> <li>● Strawberries</li> <li>● Crispy Chicken Sandwich</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Scone</li> <li>● Yogurt</li> <li>● Fresh Pineapple Wedge</li> <li>● Soft Taco</li> <li>● Refried Beans</li> <li>● Mexican Rice                             <ul style="list-style-type: none"> <li>● Salsa</li> </ul> </li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Apple Frudel</li> <li>● Banana</li> <li>● Meatball Sub</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Cinnamon Roll</li> <li>● String Cheese Stick</li> <li>● Orange Slices</li> <li>● Cheeseburger</li> <li>● Baked French Fries</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Cinnamon Rush Mini French Toast</li> <li>● Mixed Fruit</li> <li>● Bosco Sticks w/Marinara Sauce</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>
<ul style="list-style-type: none"> <li>● Mini Cinnamon Rolls</li> <li>● Fresh Strawberries</li> <li>● Godfathers Pizza</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Bacon Scramble Pizza</li> <li>● Fruit Cup</li> <li>● Meat &amp; Cheese Nachos                             <ul style="list-style-type: none"> <li>● Salsa</li> </ul> </li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Scrambled Eggs, sausage links &amp; Toast</li> <li>● Banana</li> <li>● Philly Cheesesteak Sandwich or</li> <li>● BBQ Rib Sandwich</li> <li>● Baked Tater Tots</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Chocolate Muffin</li> <li>● Yogurt</li> <li>● Orange Slices</li> <li>● Chicken Nuggets                             <ul style="list-style-type: none"> <li>● Dinner Roll</li> </ul> </li> <li>● Mashed Potatoes</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Mini Breakfast Pizzas</li> <li>● Diced Peaches</li> <li>● Hot Dog (turkey)</li> <li>● BBQ Baked Beans</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>
<ul style="list-style-type: none"> <li>● Cinnamon Glazed French Toast Sticks                             <ul style="list-style-type: none"> <li>● Syrup</li> <li>● Applesauce</li> </ul> </li> <li>● Mini Corn Dogs (turkey)                             <ul style="list-style-type: none"> <li>● Baked Beans</li> </ul> </li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Mini Breakfast Pizzas</li> <li>● Fresh Grapes</li> <li>● Walking Taco                             <ul style="list-style-type: none"> <li>● Salsa</li> </ul> </li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast Bites                             <ul style="list-style-type: none"> <li>● Syrup</li> <li>● Banana</li> </ul> </li> <li>● Sloppy Joe</li> <li>● Baked Waffle Fries</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Pancakes w/syrup</li> <li>● Strawberries</li> <li>● Mandarin Orange Chicken</li> <li>● Vegetable Fried Rice</li> <li>● Fortune Cookie</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<ul style="list-style-type: none"> <li>● Cherry Frudel</li> <li>● Mandarin Oranges</li> </ul> <p>½ day early release <b>NO LUNCH</b></p>
<ul style="list-style-type: none"> <li>● Bacon Scramble Pizza</li> <li>● Fresh Berries</li> <li>● Spicy Chicken Sandwich</li> <li>● Vegetable Choices</li> <li>● Fruit Choices</li> </ul>	<h3>Did You Know?</h3> <p>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.</p>			

**Breakfast and Lunch is provided at no cost for all students**

**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](http://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\*