

October 2019

East Moline School District K-5 Breakfast & Lunch Menu



Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

Tuesday

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries
- Fiestada Pizza
- Fruit & Vegetable Choices
 - Kiwi Wedges
 - Cucumber Slices
 - Corn

Wednesday

- Blueberry Muffin
- Yogurt
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
 - Applesauce Cup
 - Chopped Romaine

Thursday

- Assorted Cereal
- Vanilla Goldfish Crackers
- Mandarin/Pineapple
- Popcorn Chicken
- Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes
 - Carroteenies

Friday

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

- Assorted Cereal
- String Cheese Stick
- Orange Slices
- Pizza Crunchers
- Fruit & Vegetable Choices
 - Applesauce Cup
 - Vegetable Choices
 - Corn

- Breakfast Bites
- Syrup
- Diced Pears
- Nacho Bites
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa

- Cheese Omelet & Toast
- Banana
- Uncrustable
- Sun Chips
- Fruit & Vegetable Choices
 - Apple Slices
 - Baby Carrots

- Breakfast Sandwich
- Fresh Pineapple Wedge
- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
 - Mixed Fruit
 - Mashed Potatoes
 - Chopped Romaine

- Cinnamon Glazed French Toast Sticks
- Syrup
- Diced Peaches
- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
 - Fruit Cup
 - Vegetable Choices
 - Green Beans

FALL BREAK
No School

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- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
 - Sliced Peaches
 - Broccoli Florets
 - Corn

- Cinnamon Roll
- String Cheese Stick
- Applesauce
- Soft Taco
- Fruit & Vegetable Choices
 - Orange Slices
 - Refried Beans
 - Shredded Lettuce
 - Salsa

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

- Strawberry Mini Pancakes
- Diced Pears
- Hamburger
- Fruit & Vegetable Choices
 - Apple Slices
 - Baked French Fries

- Pop-Tart
- Birthday Cake Grahams
- Mixed Fruit
- Crispito
- Fruit & Vegetable Choices
 - Mandarin/Pineapple
 - Vegetable Choices
 - Green Beans

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
 - Fresh Pineapple Wedge
 - Baked Tater Tots
 - Pepper Strips

- Bacon Scramble Pizza (turkey)
- Fruit Cup
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

- Scrambled Eggs, sausage link & Toast
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Chopped Romaine
 - Grape Tomatoes

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes

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

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Menu subject to change without notice

