

October 2019

East Moline School District 6-8th Grade Breakfast & Lunch Menu



Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

Tuesday

- Cheesy Breakfast Casserole
- Toast
- Fresh Strawberries

- Fiestada Pizza
- Refried Beans
- Diced Tomatoes
- Vegetable Choices
- Fruit Choices

Wednesday

- Blueberry Muffin
- Yogurt
- Banana

- Spaghetti w/ Meat Sauce
- Garlic Bread
- Vegetable Choices
- Fruit Choices

Thursday

- Mini Cinnamon Rolls
- Mandarin/Pineapple

- Popcorn Chicken
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

Friday

- Parfait
- Applesauce

- Cheesy Garlic French Bread Pizza
- Marinara sauce
- Corn
- Vegetable Choices
- Fruit Choices

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

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Menu subject to change without notice*

7

- Chocolate Muffin
- Yogurt
- Orange Slices
- Breaded Chicken Bites
- Dinner Roll
- Vegetable Choices
- Fruit Choices

8

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

9

- Cheese Omelet & Toast
- Banana
- Crispito's
- Vegetable Choices
- Fruit Choices

10

- Breakfast Sandwich
- Fresh Pineapple Wedge
- Spicy Chicken Fingers
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

11

- Cinnamon Glazed French Toast Sticks
- Syrup
- Diced Peaches
- Buffalo Chicken or Meat Lovers Pizza
- Vegetable Choices
- Fruit Choices

14

FALL BREAK
No School

15

FALL BREAK
No School

16

FALL BREAK
No School

17

FALL BREAK
No School

18

FALL BREAK
No School

21

- Pancakes w/syrup
- Strawberries
- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

22

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

23

- Apple Frudel
- Banana
- Meatball Sub
- Vegetable Choices
- Fruit Choices

24

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

25

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

28

- Mini Cinnamon Rolls
- Fresh Strawberries
- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

29

- Bacon Scramble Pizza
- Fruit Cup
- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

30

- Scrambled Eggs, sausage links & Toast
- Banana
- Philly Cheesesteak Sandwich or BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices
- Fruit Choices

31

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

