

FEBRUARY 2020

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



Monday

- 3**
- Bacon Scramble Pizza
 - Diced Pears
 - Spicy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

- 10**
- Chocolate Muffin
 - Yogurt
 - Orange Slices
 - Turkey & Gravy
 - Mashed Potatoes
 - Dinner Roll
 - Rice Krispie Treat
 - Vegetable Choices
 - Fruit Choices

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PRESIDENTS' DAY

No School

- 24**
- Mini Cinnamon Rolls
 - Strawberries
 - Nacho Bites
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

Tuesday

- 4**
- Cheesy Breakfast Casserole
 - Toast
 - Strawberries
 - Fiestada Pizza
 - Refried Beans
 - Diced Tomatoes
 - Vegetable Choices
 - Fruit Choices

- 11**
- Breakfast Bites
 - Syrup
 - Diced Pears
 - Soft Taco
 - Refried Beans
 - Mexican Rice
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 18**
- Scone
 - Yogurt
 - Fresh Pineapple Wedge
 - Godfathers Pizza
 - Vegetable Choices
 - Fruit Choices

- 25**
- Bacon Scramble Pizza
 - Fruit Cup
 - Meat & Cheese Nachos
 - Salsa
 - Vegetable Choices
 - Fruit Choices

Wednesday

- 5**
- Blueberry Muffin
 - Yogurt
 - Banana
 - Spaghetti w/ Meat Sauce
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

- 12**
- Cheese Omelet & Toast
 - Banana
 - Chili w/ Cornbread Muffin
 - Crackers
 - Fruit & Vegetable Choices
 - Apple Slices
 - Baby Carrots

- 19**
- Apple Frudel
 - Banana
 - Lasagna
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

- 26**
- Chocolate Muffin
 - Yogurt
 - Banana
 - Grilled Cheese Sandwich
 - Tomato Soup
 - Vegetable Choices
 - Fruit Choices

Thursday

- 6**
- Mini Cinnamon Rolls
 - Mandarin/Pineapple
 - Popcorn Chicken
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 13**
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Diced Peaches
 - Buffalo Chicken or Meat Lovers Pizza
 - Vegetable Choices
 - Fruit Choices

- 20**
- Cinnamon Roll
 - String Cheese Stick
 - Orange Slices
 - Cheeseburger
 - Baked French Fries
 - Vegetable Choices
 - Fruit Choices

- 27**
- Scrambled Eggs, sausage links & Toast
 - Orange Slices
 - Chicken Nuggets
 - Dinner Roll
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

Friday

- 7**
- Parfait
 - Applesauce
 - Cheesy Garlic French Bread Pizza
 - Marinara sauce
 - Corn
 - Vegetable Choices
 - Fruit Choices

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INSERVICE DAY

No School

- 21**
- Cinnamon Rush Mini French Toast
 - Mixed Fruit
 - Bosco Sticks w/Marinara Sauce
 - Vegetable Choices
 - Fruit Choices

- 28**
- Mini Breakfast Pizzas
 - Diced Peaches
 - Hot Dog (turkey) Or
 - Chili Dog
 - BBQ Baked Beans
 - 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

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

DID YOU KNOW?

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.