

NOVEMBER 2019

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

Monday

Tuesday

Wednesday

Thursday

Friday

DID YOU KNOW?

Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.

- 4
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Applesauce
 - Mini Corn Dogs (turkey)
 - Baked Beans
 - Vegetable Choices
 - Fruit Choices

- 5
- Mini Breakfast Pizzas
 - Fresh Grapes
 - Walking Taco
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 6
- Breakfast Bites
 - Syrup
 - Banana
 - Sloppy Joe
 - Baked Waffle Fries
 - Vegetable Choices
 - Fruit Choices

- 7
- Pancakes w/syrup
 - Strawberries
 - Mandarin Orange Chicken
 - Vegetable Fried Rice
 - Fortune Cookie
 - Vegetable Choices
 - Fruit Choices

8

PARENT/TEACHER CONFERENCES

No School

11

VETERANS' DAY

No School

12

INSERVICE DAY

No School

- 13
- Bacon Scramble Pizza
 - Diced Pears
 - Spicy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

- 14
- Mini Cinnamon Rolls
 - Mandarin/Pineapple
 - Popcorn Chicken
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 15
- Parfait
 - Applesauce
 - Cheesy Garlic French Bread Pizza
 - Marinara sauce
 - Corn
 - Vegetable Choices
 - Fruit Choice

- 18
- Chocolate Muffin
 - Yogurt
 - Orange Slices
 - Turkey & Gravy
 - Mashed Potatoes
 - Dinner Roll
 - Rice Krispie Treat
 - Vegetable Choices
 - Fruit Choices

- 19
- Breakfast Bites
 - Syrup
 - Diced Pears
 - Nacho Bites
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 20
- Cheese Omelet & Toast
 - Banana
 - Chili w/ Cornbread Muffin
 - Crackers
 - Vegetable Choices
 - Fruit Choices

- 21
- Breakfast Sandwich
 - Fresh Pineapple Wedge
 - Spicy Chicken Fingers
 - Dinner Roll
 - Vegetable Choices
 - Fruit Choices

- 22
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Diced Peaches
 - Buffalo Chicken or Meat Lovers Pizza
 - Vegetable Choices
 - Fruit Choices

- 25
- Pancakes w/syrup
 - Strawberries
 - Crispy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

- 26
- Apple Frudel
 - Banana
 - Grilled Cheese Sandwich
 - Tomato Soup
 - Vegetable Choices
 - Fruit Choices

27

THANKSGIVING BREAK

No School

28

THANKSGIVING BREAK

No School

29

THANKSGIVING BREAK

No School

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