

NOVEMBER 2019

East Moline School District K-5 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
- Maple Mini Pancakes
 - Applesauce
-
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

- 5
- Mini Breakfast Pizzas
 - Sliced Peaches
-
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 6
- Assorted Cereal
 - Graham Crackers
 - Banana
-
- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Broccoli Florets
 - Cucumber Slices

- 7
- Breakfast Bites
 - Syrup
 - Pineapple Tidbits
-
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

8

PARENT/TEACHER CONFERENCES

No School

11

VETERANS' DAY

No School

12

INSERVICE DAY

No School

- 13
- Oatmeal Bar
 - Diced Pears
-
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 14
- Assorted Cereal
 - Vanilla Goldfish Crackers
 - Mandarin/Pineapple
-
- Popcorn Chicken
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

- 15
- Cherry Frudel
 - Applesauce
-
- Max Sticks
 - Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

- 18
- Assorted Cereal
 - String Cheese Stick
 - Orange Slices
-
- Turkey & Gravy
 - Dinner Roll
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes

- 19
- Breakfast Bites
 - Syrup
 - Diced Pears
-
- Nacho Bites
- Fruit & Vegetable Choices
- Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

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

- 21
- Breakfast Sandwich
 - Fresh Pineapple Wedge
-
- Chicken Strips
 - Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
 - Mashed Potatoes
 - Chopped Romaine

- 22
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Diced Peaches
-
- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Cup
 - Vegetable Choices
 - Green Beans

- 25
- Assorted Cereal
 - Yogurt
 - Fresh Pineapple Wedge
-
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Diced Peaches
 - Broccoli Florets
 - Corn

- 26
- Apple Frudel
 - Banana
-
- Grilled Cheese Sandwich
 - Tomato Soup
- Fruit & Vegetable Choices
- Strawberries
 - Celery Sticks

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 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