

December 2019

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

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

Monday

2

- Mini Cinnamon Rolls
- Strawberries
- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

9

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

16

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

23

WINTER BREAK

No School

30

WINTER BREAK

No School

Tuesday

3

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

10

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

17

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

24

WINTER BREAK

No School

31

WINTER BREAK

No School

Wednesday

4

- Scrambled Eggs, sausage links & Toast
- Banana
- Lasagna
- Garlic Bread
- Vegetable Choices
- Fruit Choices

11

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

18

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

25

WINTER BREAK

No School

Thursday

5

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

12

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

19

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

26

WINTER BREAK

No School

Friday

6

- Mini Breakfast Pizzas
- Diced Peaches
- Hot Dog (turkey) Or
- Chili Dog
- BBQ Baked Beans
- Vegetable Choices
- Fruit Choices

13

- Cherry Frudel
- Mandarin Oranges
- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

20

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

27

WINTER BREAK

No School

Did You Know?

The first day of Winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.