

December 2019

East Moline School District K-5 Breakfast & Lunch Menu

Monday

- 2**
- Assorted Cereal
 - Colby Jack Cheese Stick
 - Strawberries
-
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
 - Baked Tater Tots
 - Pepper Strips

- 9**
- Maple Mini Pancakes
 - Applesauce
-
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

- 16**
- Oatmeal Bar
 - Diced Pears
-
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

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WINTER BREAK

No School

30

WINTER BREAK

No School

Tuesday

- 3**
- Bacon Scramble Pizza (turkey)
 - Fruit Cup
-
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
 - Refried Beans
 - Salsa

- 10**
- Mini Breakfast Pizzas
 - Sliced Peaches
-
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 17**
- Bacon Scramble Pizza (turkey)
 - Fresh Strawberries
-
- Fiestada Pizza
- Fruit & Vegetable Choices
- Kiwi Wedges
 - Cucumber Slices
 - Corn

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WINTER BREAK

No School

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WINTER BREAK

No School

Wednesday

- 4**
- Scrambled Eggs, sausage link & Toast
 - Banana
-
- Lasagna
 - Garlic Bread
- Fruit & Vegetable Choices
- Mixed Fruit
 - Chopped Romaine

- 11**
- Assorted Cereal
 - Graham Crackers
 - Banana
-
- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Broccoli Florets
 - Cucumber Slices

- 18**
- Blueberry Muffin
 - Yogurt
 - Banana
-
- Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Applesauce Cup
 - Chopped Romaine

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WINTER BREAK

No School

Thursday

- 5**
- Chocolate Muffin
 - Yogurt
 - Orange Slices
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Strawberries
 - Mashed Potatoes

- 12**
- Breakfast Bites
 - Syrup
 - Pineapple Tidbits
-
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 19**
- Assorted Cereal
 - Vanilla Goldfish Crackers
 - Mandarin/Pineapple
-
- Popcorn Chicken
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

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WINTER BREAK

No School

Friday

- 6**
- Mini Cinnamon Rolls
 - Sliced Peaches
-
- Cheese Pizza
- Fruit & Vegetable Choices
- Applesauce Cup
 - Vegetable Choices
 - Green Beans

- 13**
- Coco Cherry Soft Baked Bar
 - Yogurt
 - Mandarin Oranges
-
- Pizza Crunchers
- Fruit & Vegetable Choices
- Applesauce Cup
 - Vegetable Choices
 - Corn

- 20**
- Cherry Frudel
 - Applesauce
-
- Max Sticks
 - Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

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WINTER 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

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?

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.