

# JANUARY 2020

## East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.

1  
WINTER BREAK

No School

2  
WINTER BREAK

No School

3  
WINTER BREAK

No School

- 6
- Assorted Cereal
  - String Cheese Stick
  - Fruit

- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Cup
- Vegetable Choices
- Green Beans

- 7
- Breakfast Bites
  - Syrup
  - Diced Pears

- Nacho Bites
- Fruit & Vegetable Choices
- Honeydew Wedge
- Refried Beans
- Salsa
- Kiwi

- 8
- Cheese Omelet & Toast
  - Banana

- Chili w/ Cornbread Muffin
- Crackers
- Fruit & Vegetable Choices
- Apple Slices
- Baby Carrots

- 9
- Breakfast Sandwich
  - Fresh Pineapple Wedge

- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
- Mashed Potatoes
- Chopped Romaine

- 10
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Diced Peaches

- Turkey & Gravy
- Dinner Roll
- Fruit & Vegetable Choices
- Fruit Cocktail
- Mashed Potatoes

- 13
- Assorted Cereal
  - Yogurt
  - Fresh Pineapple Wedge

- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Diced Peaches
- Broccoli Florets
- Corn

- 14
- Cinnamon Roll
  - String Cheese Stick
  - Applesauce

- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

- 15
- Apple Frudel
  - Banana

- Grilled Cheese Sandwich
- Tomato Soup
- Fruit & Vegetable Choices
- Strawberries
- Celery Sticks

- 16
- Strawberry Mini Pancakes
  - Diced Pears

- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
- Baked French Fries

17  
PARENT/TEACHER  
CONFERENCES

No School

20  
MARTIN LUTHER  
KING JR DAY

No School

- 21
- Bacon Scramble Pizza (turkey)
  - Fruit Cup

- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
- Refried Beans
- Salsa

- 22
- Cereal
  - Cheese Stick
  - Strawberries

- Lasagna
- Garlic Bread
- Fruit & Vegetable Choices
- Mixed Fruit
- Chopped Romaine

- 23
- Chocolate Muffin
  - Yogurt
  - Orange Slices

- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
- Strawberries
- Mashed Potatoes

- 24
- Mini Cinnamon Rolls
  - Sliced Peaches

- Cheese Pizza
- Fruit & Vegetable Choices
- Applesauce Cup
- Vegetable Choices
- Green Beans

- 27
- Maple Mini Pancakes
  - Applesauce

- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

- 28
- Mini Breakfast Pizzas
  - Sliced Peaches

- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
- Carroteenies
- Shredded Lettuce

- 29
- Assorted Cereal
  - Graham Crackers
  - Banana

- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets
- Cucumber Slices

- 30
- Breakfast Bites
  - Syrup
  - Pineapple Tidbits

- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

- 31
- Coco Cherry Soft Baked Bar
  - Yogurt
  - Mandarin Oranges

- Pizza Crunchers
- Fruit & Vegetable Choices
- Applesauce Cup
- Vegetable Choices
- Corn

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](http://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\*