

FEBRUARY 2020

East Moline School District K-5 Breakfast & Lunch Menu



Monday

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

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

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PRESIDENTS' DAY

No School

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

Tuesday

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

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

- Cinnamon Roll
 - String Cheese Stick
 - Applesauce
-
- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
 - Refried Beans
 - Shredded Lettuce
 - Salsa

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

Wednesday

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

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

- Apple Frudel
 - Banana
-
- Lasagna
 - Garlic Bread
- Fruit & Vegetable Choices
- Mixed Fruit
 - Chopped Romaine

- Chocolate Muffin
 - Yogurt
 - Orange Slices
-
- Grilled Cheese Sandwich
 - Tomato Soup
- Fruit & Vegetable Choices
- Fruit Cup
 - Celery Sticks

Thursday

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

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

- Strawberry Mini Pancakes
 - Diced Pears
-
- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
 - Baked French Fries

- Coco Cherry Bar
 - Banana
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Strawberries
 - Mashed Potatoes

Friday

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

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INSERVICE DAY

No School

- Pop-Tart
 - Birthday Cake Grahams
 - Mixed Fruit
-
- Crispito
- Fruit & Vegetable Choices
- Mandarin/Pineapple
 - Vegetable Choices
 - Green Beans

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

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?

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.