

March 2020

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

MONDAY

- 2**
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Applesauce
 - Mini Corn Dogs (turkey)
 - Baked Beans
 - Vegetable Choices
 - Fruit Choices

- 9**
- Bacon Scramble Pizza
 - Diced Pears
 - Spicy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

16

SPRING BREAK

No School

- 23**
- Chocolate Muffin
 - Yogurt
 - Fruit
 - Godfathers Pizza
 - Vegetable Choices
 - Fruit Choices

- 30**
- Pancakes w/syrup
 - Strawberries
 - Crispy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

TUESDAY

- 3**
- Mini Breakfast Pizzas
 - Fresh Grapes
 - Walking Taco
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 10**
- Cook's Choice
 - Fresh Strawberries
 - Fiestada Pizza
 - Refried Beans
 - Diced Tomatoes
 - Vegetable Choices
 - Fruit Choices

17

SPRING BREAK

No School

- 24**
- Breakfast Bites
 - Syrup
 - Diced Pears
 - Meat & Cheese Nachos
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 31**
- Scone
 - Yogurt
 - Fresh Pineapple Wedge
 - Soft Taco
 - Refried Beans
 - Mexican Rice
 - Salsa
 - Vegetable Choices
 - Fruit Choices

WEDNESDAY

- 4**
- Breakfast Bites
 - Syrup
 - Banana
 - Sloppy Joe
 - Baked Waffle Fries
 - Vegetable Choices
 - Fruit Choices

- 11**
- Blueberry Muffin
 - Yogurt
 - Banana
 - Spaghetti w/ Meat Sauce
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

18

SPRING BREAK

No School

- 25**
- Cheese Omelet & Toast
 - Banana
 - Crispito's
 - Vegetable Choices
 - Fruit Choices

THURSDAY

- 5**
- Pancakes w/syrup
 - Strawberries
 - Mandarin Orange Chicken
 - Vegetable Fried Rice
 - Fortune Cookie
 - Vegetable Choices
 - Fruit Choices

- 12**
- Mini Cinnamon Rolls
 - Mandarin/Pineapple
 - Popcorn Chicken
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

19

SPRING BREAK

No School

- 26**
- Breakfast Sandwich
 - Fresh Pineapple Wedge
 - Spicy Chicken Fingers
 - Dinner Roll
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

FRIDAY

- 6**
- Cherry Frudel
 - Mandarin Oranges
 - Pizza Crunchers
 - Corn
 - Vegetable Choices
 - Fruit Choices

- 13**
- Parfait
 - Applesauce

½ day early release
NO LUNCH

20

SPRING BREAK

No School

- 27**
- Cinnamon Glazed French Toast Sticks
 - Syrup
 - Diced Peaches
 - Buffalo Chicken or Meat Lovers Pizza
 - Vegetable Choices
 - Fruit Choices

DID YOU KNOW?

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year.

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