

# March 2020

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

### MONDAY

- 2**
- Maple Mini Pancakes
  - Applesauce
- 
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
  - Baked Beans
  - Celery Sticks

### TUESDAY

- 3**
- Mini Breakfast Pizzas
  - Fresh Grapes
- 
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
  - Carroteenies
  - Shredded Lettuce

### WEDNESDAY

- 4**
- Assorted Cereal
  - Graham Crackers
  - Banana
- 
- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
  - Broccoli Florets
  - Cucumber Slices

### THURSDAY

- 5**
- Breakfast Bites
  - Syrup
  - Pineapple Tidbits
- 
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
  - Vegetable Fried Rice
  - Sugar Snap Peas

### FRIDAY

- 6**
- Coco Cherry Soft Baked Bar
  - Yogurt
  - Mandarin Oranges
- 
- Pizza Crunchers
- Fruit & Vegetable Choices
- Applesauce Cup
  - Vegetable Choices
  - Corn

- 9**
- Oatmeal Bar
  - Diced Pears
- 
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
  - BBQ Baked Beans
  - Celery Sticks

- 10**
- Bacon Scramble Pizza (turkey)
  - Fresh Strawberries
- 
- Fiestada Pizza
- Fruit & Vegetable Choices
- Kiwi Wedges
  - Cucumber Slices
  - Corn

- 11**
- Blueberry Muffin
  - Yogurt
  - Banana
- 
- Spaghetti w/ Meat Sauce
  - Garlic Bread
- Fruit & Vegetable Choices
- Applesauce Cup
  - Chopped Romaine

- 12**
- Assorted Cereal
  - Vanilla Goldfish Crackers
  - Mandarin/Pineapple
- 
- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
  - Mashed Potatoes
  - Carroteenies

- 13**
- Cherry Frudel
  - Applesauce
- School Improvement Day
- No Lunch

**16**

SPRING BREAK

No School

**17**

SPRING BREAK

No School

**18**

SPRING BREAK

No School

**19**

SPRING BREAK

No School

**20**

SPRING BREAK

No School

- 23**
- Assorted Cereal
  - String Cheese Stick
  - Fruit
- 
- Max Sticks
  - Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
  - Vegetable Choices

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

- 25**
- Cheese Omelet & Toast
  - Banana
- 
- Uncrustable
  - Sun Chips
- Fruit & Vegetable Choices
- Apple Slices
  - Baby Carrots

- 26**
- Breakfast Sandwich
  - Fresh Pineapple Wedge
- 
- Chicken Strips
  - Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
  - Mashed Potatoes
  - Chopped Romaine

- 27**
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Diced Peaches
- 
- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Cup
  - Vegetable Choices
  - Green Beans

- 30**
- Assorted Cereal
  - Yogurt
  - Fresh Pineapple Wedge
- 
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
  - Broccoli Florets
  - Corn

- 31**
- Cinnamon Roll
  - String Cheese Stick
  - Applesauce
- 
- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
  - Refried Beans
  - Shredded Lettuce
  - Salsa

## 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 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)

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\*Menu subject to change without notice\*