

APRIL 2020

East Moline School District K-5 Breakfast & Lunch Menu

MONDAY

DID YOU KNOW?

The birthstone for people born in April is the diamond, one of the hardest substances on earth, and one that formed deep in the earth, even if we don't know how long ago that happened.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 6
- Assorted Cereal
 - Colby Jack Cheese Stick
 - Fresh Strawberries
-
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
 - Baked Tater Tots
 - Pepper Strips

- 7
- Bacon Scramble Pizza (turkey)
 - Fruit Cup
-
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Apple Slices
 - Refried Beans
 - Salsa

- 8
- Breakfast Sandwich
 - Applesauce Cup
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
 - Mashed Potatoes

- 9
- Chocolate Muffin
 - Yogurt
 - Orange Slices

½ Day Early Release
No Lunch

10

NON STUDENT
ATTENDANCE
DAY

No School

- 13
- Maple Mini Pancakes
 - Applesauce
-
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Fruit
 - Baked Beans
 - Celery Sticks

- 14
- Mini Breakfast Pizzas
 - Fresh Grapes
-
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
 - Carroteenies
 - Shredded Lettuce

- 15
- Assorted Cereal
 - Graham Crackers
 - Applesauce Cup
-
- Sloppy Joe
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Broccoli Florets
 - Cucumber Slices

- 16
- Breakfast Bites
 - Syrup
 - Pineapple Tidbits
-
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Diced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 17
- Coco Cherry Soft Baked Bar
 - Yogurt
 - Mandarin Oranges
-
- Pizza Crunchers
- Fruit & Vegetable Choices
- Applesauce Cup
 - Vegetable Choices
 - Corn

- 20
- Oatmeal Bar
 - Fresh Berries
-
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - BBQ Baked Beans
 - Celery Sticks

- 21
- Bacon Scramble Pizza (turkey)
 - Fresh Strawberries
-
- Fiestada Pizza
- Fruit & Vegetable Choices
- Kiwi Wedges
 - Cucumber Slices
 - Corn

- 22
- Blueberry Muffin
 - Yogurt
 - Fruit Cup
-
- Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Applesauce Cup
 - Chopped Romaine

- 23
- Assorted Cereal
 - Vanilla Goldfish Crackers
 - Mandarin/Pineapple
-
- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
 - Mashed Potatoes
 - Carroteenies

- 24
- Cherry Frudel
 - Applesauce
-
- Max Sticks
 - Marinara Sauce
- Fruit & Vegetable Choices
- Pineapple Tidbits
 - Vegetable Choices
 - Green Beans

- 27
- Assorted Cereal
 - String Cheese Stick
 - Orange Slices
-
- Cheese Pizza
- Fruit & Vegetable Choices
- Applesauce Cup
 - Vegetable Choices
 - Green Beans

- 28
- Breakfast Bites
 - Syrup
 - Diced Pears
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Watermelon Wedge
 - Baked Beans

- 29
- Cheese Omelet & Toast
 - Applesauce Cup
-
- Un crustable
 - Sun Chips
- Fruit & Vegetable Choices
- Apple Slices
 - Baby Carrots

- 30
- Breakfast Sandwich
 - Fresh Pineapple Wedge
-
- Chicken Strips
 - Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
 - Mashed Potatoes
 - Chopped Romaine

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

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Menu subject to change without notice

