

# APRIL 2020

## East Moline School District 6-8<sup>th</sup> Grade 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.

- 6
- Mini Cinnamon Rolls
  - Fresh Strawberries
  - Breaded Chicken Bites
  - Dinner Roll
  - Vegetable Choices
  - Fruit Choices

- 13
- Cinnamon Glazed French Toast Sticks
  - Syrup
  - Applesauce
  - Mini Corn Dogs (turkey)
  - Baked Beans
  - Vegetable Choices
  - Fruit Choices

- 20
- Bacon Scramble Pizza
  - Fresh Berries
  - Spicy Chicken Sandwich
  - Vegetable Choices
  - Fruit Choices

- 27
- Chocolate Muffin
  - Yogurt
  - Orange Slices
  - Breaded Chicken Bites
  - Dinner Roll
  - Vegetable Choices
  - Fruit Choices

### TUESDAY

- 7
- Bacon Scramble Pizza
  - Fruit Cup
  - Meat & Cheese Nachos
  - Salsa
  - Vegetable Choices
  - Fruit Choices

- 14
- Mini Breakfast Pizzas
  - Fresh Grapes
  - Walking Taco
  - Salsa
  - Vegetable Choices
  - Fruit Choices

- 21
- Cook's Choice
  - Fresh Strawberries
  - Fiestada Pizza
  - Refried Beans
  - Diced Tomatoes
  - Vegetable Choices
  - Fruit Choices

- 28
- Breakfast Bites
  - Syrup
  - Diced Pears
  - Bosco Sticks w/Marinara Sauce
  - Vegetable Choices
  - Fruit Choices

### WEDNESDAY

- 1
- Apple Frudel
  - Applesauce Cup
  - Meatball Sub
  - Vegetable Choices
  - Fruit Choices

- 8
- Breakfast Sandwich
  - Applesauce Cup
  - Philly Cheesesteak Sandwich or
  - BBQ Rib Sandwich
  - Baked Tater Tots
  - Vegetable Choices
  - Fruit Choices

- 15
- Breakfast Bites
  - Syrup
  - Applesauce Cup
  - Sloppy Joe
  - Baked Waffle Fries
  - Vegetable Choices
  - Fruit Choices

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

- 29
- Cheese Omelet & Toast
  - Applesauce Cup
  - Crispito's
  - Refried Beans
  - Vegetable Choices
  - Fruit Choices

### THURSDAY

- 2
- Cinnamon Roll
  - String Cheese Stick
  - Orange Slices
  - Cheeseburger
  - Baked French Fries
  - Vegetable Choices
  - Fruit Choices

- 9
- Chocolate Muffin
  - Yogurt
  - Orange Slices
- ½ Day Early Release  
No Lunch

- 16
- Pancakes w/syrup
  - Strawberries
  - Mandarin Orange Chicken
  - Vegetable Fried Rice
  - Fortune Cookie
  - Vegetable Choices
  - Fruit Choices

- 23
- Mini Cinnamon Rolls
  - Mandarin/Pineapple
  - Popcorn Chicken
  - Mashed Potatoes
  - Vegetable Choices
  - Fruit Choices

- 30
- Breakfast Sandwich
  - Fresh Pineapple Wedge
  - Spicy Chicken Fingers
  - Dinner Roll
  - Mashed Potatoes
  - Vegetable Choices
  - Fruit Choices

### FRIDAY

- 3
- Cinnamon Rush Mini French Toast
  - Mixed Fruit
  - Bosco Sticks w/Marinara Sauce
  - Vegetable Choices
  - Fruit Choices

10

NON STUDENT ATTENDANCE DAY

No School

- 17
- Cherry Frudel
  - Mandarin Oranges
  - Pizza Crunchers
  - Corn
  - Vegetable Choices
  - Fruit Choices

- 24
- Parfait
  - Applesauce
  - Cheesy Garlic French Bread Pizza
  - Marinara sauce
  - Corn
  - Vegetable Choices
  - Fruit Choices

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](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\*

