

# FEBRUARY 2018

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### DID YOU KNOW...

BEFORE JULIUS CAESAR'S CALENDAR REFORM OF 45BC, FEBRUARY WAS THE ONLY MONTH WITH AN EVEN NUMBER OF DAYS. ALL THE REST HAD 29 OR 31.

5

NO SCHOOL

IN -SERVICE DAY

6

- Cinnamon Roll
- String Cheese Stick
- Applesauce

● Soft Taco  
Fruit & Vegetable Choices

- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

7

- Apple Frudel
- Banana

● Sloppy Joe  
Fruit & Vegetable Choices

- Strawberries
- Carroteenies
- Cucumber Slices

8

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge

● Hamburger  
Fruit & Vegetable Choices

- Apple Slices
- Deli Roasters
- Celery Sticks

9

NO SCHOOL

PARENT / TEACHER  
CONFERNECES

- Maple Mini Pancakes
- Sliced Pears

● Crispy Chicken Sandwich  
Fruit & Vegetable Choices

- Sliced Peaches
- Broccoli Florets
- Corn

12

- Assorted Cereal
- Colby Jack Cheese Stick
- Strawberries

● Mac & Cheese  
Fruit & Vegetable Choices

- Fresh Pineapple Wedge
- Celery Sticks
- Grape Tomatoes
- Mandarin Oranges

13

- Smoothie
- Chocolate Elf Grahams
- Grapes

● Meat & Cheese Nachos  
Fruit & Vegetable Choices

- Apple Slices
- Refried Beans
- Salsa

14

- Frosted Strawberry Pop-Tart
- String Cheese Stick
- Banana

● Grilled Cheese Sandwich  
Fruit & Vegetable Choices

- Tomato Soup
- Mixed Fruit
- Broccoli Florets

15

- Chocolate Muffin
- Yogurt
- Orange Slices

● Chicken Nuggets  
● Dinner Roll  
Fruit & Vegetable Choices

- Strawberries
- Mashed Potatoes

16

- Mini Cinnamon Rolls
- Sliced Peaches

● Cheese Pizza  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Green Beans

19

NO SCHOOL

PRESIDENT'S  
DAY

- Mini Breakfast Pizzas
- Sliced Peaches

● Walking Taco  
Fruit & Vegetable Choices

- Apple Slices
- Carroteenies
- Diced Tomatoes

21

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana

● Lasagna  
● Garlic Bread  
Fruit & Vegetable Choices

- Mixed Fruit
- Chopped Romaine

22

- Breakfast Bites (turkey)
- Syrup
- Pineapple Tidbits

● Mandarin Orange Chicken  
Fruit & Vegetable Choices

- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

23

- Assorted Cereal Bars
- Yogurt
- Mandarin Oranges

**Bosco Sticks w/ marinara sauce (optional)**  
Fruit & Vegetable Choices

- Fruit Choice
- Vegetable Choices
- Corn

26

- Oatmeal Bar
- Sliced Pears

● Hot Dog (turkey)  
Fruit & Vegetable Choices

- Grapes
- BBQ Baked Beans
- Celery Sticks

27

- Bacon Scramble Pizza (turkey)
- Strawberries

● Fiestada Pizza/Taco Pizza  
Fruit & Vegetable Choices

- Orange Slices
- Cucumber Slices
- Shredded Lettuce
- Diced Tomatoes

28

- Blueberry Muffin
- Banana

● Spaghetti w/ Meat Sauce  
● Garlic Bread  
Fruit & Vegetable Choices

- Sliced Pears
- Chopped Romaine
- Mixed Fruit

### Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

### Lunch

Our lunch includes all items listed plus a choice of milk.

### Fruit & Veggie Choices

Students get to choose from a variety of fruits & veggies! Fat free ranch offered daily for fresh vegetables.

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.

### \*\*\*Bosco Sticks\*\*\*

New item for the elementary school served Feb 23<sup>rd</sup>. Tell the kitchen what you think and we might add it to the menu next year!



\*Menu subject to change without notice\*

