

# AUGUST 2017

## East Moline School District #37 K-5 Grade Breakfast & Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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- Maple Glazed French Toast Sticks
  - Syrup
  - Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
  - Cantaloupe Wedge
  - Baked Beans
  - Celery Sticks

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Fruit & Vegetable Choices
  - Apple Slices
  - Carroteenies
  - Diced Tomatoes

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
  - Fruit Cocktail
  - Broccoli Florets
  - Corn

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

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries
- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
  - Orange Slices
  - Cucumber Slices
  - Shredded Lettuce
  - Diced Tomatoes

- Blueberry Muffin
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
  - Sliced Pears
  - Chopped Romaine
  - Mixed Fruit

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

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit
- Popcorn Chicken
- Fruit & Vegetable Choices
  - Watermelon Wedge
  - Mashed Potatoes
  - Carroteenies

- Frosted Strawberry Pop-Tart
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
  - Honeydew Wedge
  - Baked Tater Tots
  - Pepper Strips

- Chocolate Muffin
  - Yogurt
  - Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
  - Watermelon Wedge
  - Mashed Potatoes

- Mini Cinnamon Rolls
- Sliced Peaches
- Cheese Pizza
- Fruit & Vegetable Choices
  - Fruit Choice
  - Vegetable Choices
  - Green Beans

- Assorted Cereal Bars
  - Yogurt
  - Mandarin Oranges
- Pizza Crunchers
- Fruit & Vegetable Choices
  - Peaches
  - Vegetable Choices
  - Green Beans

**DID YOU KNOW...**  
August was named after Augustus Caesar

**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.

**Did you know that all of our canned fruit is served in 100% fruit juice or in 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)

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\*

**CATCH PROGRAM**  
●Go – ●Slow – ●Whoa