

DECEMBER 2017

East Moline School District 6-8 Grade Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

- 4**
- Maple Glazed French Toast Sticks
 - Syrup
 - Applesauce
 - Mac & Cheese or BBQ Pulled Pork Sandwich
 - Vegetable Choices
 - Fruit Choices

- 5**
- Mini Breakfast Pizzas
 - Sliced Peaches
 - Walking Taco
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 6**
- Maple Mini Pancakes
 - Banana

$\frac{1}{2}$ DAY SCHOOL
NO LUNCH

- 7**
- Breakfast Bites (turkey)
 - Syrup
 - Pineapple Tidbits
 - Mandarin Orange Chicken
 - Vegetable Fried Rice
 - Vegetable Choices
 - Fruit Choices
 - Fortune Cookie

- 8**
- Biscuits & Gravy
 - Mandarin Oranges
 - Pizza Crunchers
 - Corn
 - Vegetable Choices
 - Fruit Choices

- 11**
- Oatmeal Bar
 - Sliced Pears
 - Spicy Chicken Sandwich
 - Vegetable Choices
 - Fruit Choices

- 12**
- Bacon Scramble Pizza (turkey)
 - Strawberries
 - Fiestada Pizza/Taco Pizza
 - Refried Beans
 - Salsa
 - Vegetable Choices
 - Fruit Choices

- 13**
- Blueberry Muffin
 - Banana
 - Spaghetti w/ Meat Sauce
 - Garlic Bread
 - Vegetable Choices
 - Fruit Choices

- 14**
- Mini Cinnamon Rolls
 - Mixed Fruit
 - Popcorn Chicken
 - Mashed Potatoes
 - Vegetable Choices
 - Fruit Choices

- 15**
- Mixed Berry Parfait
 - Applesauce
 - Cinnamon Crisps
 - Pepperoni French Bread Pizza
 - Corn
 - Vegetable Choices
 - Fruit Choices

- 18**
- Mini Breakfast Pizzas
 - Cheese Stick
 - Mandarin oranges
 - Turkey & Gravy
 - Dinner Roll
 - Mashed Potatoes
 - Rice Krispie Treat
 - Vegetable Choices
 - Fruit Choices

- 19**
- Frosted Fudge Pop-Tart
 - Mixed Fruit
 - Chili w/ Cornbread Muffin
 - Crackers
 - Vegetable Choices
 - Fruit Choices

20

NO SCHOOL
WINTER BREAK

21

NO SCHOOL
WINTER BREAK

22

NO SCHOOL
WINTER BREAK

25

NO SCHOOL
CHRISTMAS DAY

26

NO SCHOOL
WINTER BREAK

27

NO SCHOOL
WINTER BREAK

28

NO SCHOOL
WINTER BREAK

29

NO SCHOOL
WINTER BREAK

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

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

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