

DECEMBER 2017

East Moline School District K-5 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
- Mini Corn Dogs (turkey)
 - Fruit & Vegetable Choices
 - Cantaloupe Wedge
 - Baked Beans
 - Celery Sticks

5

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

6

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana

**½ DAY SCHOOL
NO LUNCH**

7

- Breakfast Bites (turkey)
 - Syrup
 - Pineapple Tidbits
- Teriyaki Chicken
 - Fruit & Vegetable Choices
 - Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

8

- Assorted Cereal Bars
 - Yogurt
 - Mandarin Oranges
- Pizza Crunchers
 - Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Corn

11

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

12

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

13

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

14

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

15

- Parfait
- Applesauce
- Scooby Doo Graham Crackers
- Calzone
 - Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

18

- Assorted Cereal
- String Cheese Stick
- Mandarin oranges
- Turkey & Gravy
 - Dinner Roll
- Mini Rice Krispie Treat
 - Fruit & Vegetable Choices
 - Fruit Cocktail
 - Mashed Potatoes

19

- Frosted Fudge Pop-Tart
 - Mixed Fruit
- Chili w/ Cornbread Muffin
 - Crackers
 - Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

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.

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

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