

JANUARY 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p>	<p>2</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p>	<p>3</p> <ul style="list-style-type: none"> Cinnamon Rush Mini French Toast Mixed Fruit <hr/> <ul style="list-style-type: none"> Cheeseburger Deli Roasters Vegetable Choices Fruit Choices 	<p>4</p> <ul style="list-style-type: none"> Pancakes Syrup Strawberries <hr/> <ul style="list-style-type: none"> Soft Taco Refried Beans Mexican Rice Salsa Vegetable Choices Fruit Choices 	<p>5</p> <ul style="list-style-type: none"> Cherry Frudel Peaches <hr/> <ul style="list-style-type: none"> Sloppy Joe Vegetable Choices Fruit Choices
<p>8</p> <ul style="list-style-type: none"> Graham Smacker Strawberries <hr/> <ul style="list-style-type: none"> Godfathers Pizza Vegetable Choices Fruit Choices 	<p>9</p> <ul style="list-style-type: none"> Orange Smoothie Chocolate Elf Grahams Grapes <hr/> <ul style="list-style-type: none"> Meat & Cheese Nachos Salsa Vegetable Choices Fruit Choices 	<p>10</p> <ul style="list-style-type: none"> Frosted Strawberry Pop-Tart String Cheese Stick Banana <hr/> <ul style="list-style-type: none"> Lasagna Garlic Bread Vegetable Choices Fruit Choices 	<p>11</p> <ul style="list-style-type: none"> Chocolate Muffin Yogurt Orange Slices <hr/> <ul style="list-style-type: none"> Chicken Nuggets Dinner Roll Mashed Potatoes Vegetable Choices Fruit Choices 	<p>12</p> <ul style="list-style-type: none"> Mini Cinnamon Rolls Sliced Peaches <hr/> <ul style="list-style-type: none"> Hot Dog (turkey) Or Chili Dog BBQ Baked Beans Vegetable Choices Fruit Choices
<p>15</p> <p>NO SCHOOL</p> <p>MARTIN LUTHER KING DAY</p>	<p>16</p> <ul style="list-style-type: none"> Mini Breakfast Pizzas Sliced Peaches <hr/> <ul style="list-style-type: none"> Walking Taco Refried Beans Salsa Vegetable Choices Fruit Choices 	<p>17</p> <ul style="list-style-type: none"> Strawberry Mini Pancakes Banana <hr/> <ul style="list-style-type: none"> Grilled Cheese Sandwich Tomato Soup Crackers Vegetable Choices Fruit Choices 	<p>18</p> <ul style="list-style-type: none"> Breakfast Bites (turkey) Syrup Pineapple Tidbits <hr/> <ul style="list-style-type: none"> Teriyaki Chicken Vegetable Fried Rice Vegetable Choices Fruit Choices Fortune Cookie 	<p>19</p> <ul style="list-style-type: none"> Maple Glazed French Toast Sticks Syrup Applesauce <hr/> <ul style="list-style-type: none"> Mac & Cheese or BBQ Pulled Pork Sandwich Vegetable Choices Fruit Choices
<p>22</p> <ul style="list-style-type: none"> Oatmeal Bar Sliced Pears <hr/> <ul style="list-style-type: none"> Spicy Chicken Sandwich Vegetable Choices Fruit Choices 	<p>23</p> <ul style="list-style-type: none"> Bacon Scramble Pizza (turkey) Strawberries <hr/> <ul style="list-style-type: none"> Fiestada Pizza/Taco Pizza Refried Beans Salsa Vegetable Choices Fruit Choices 	<p>24</p> <ul style="list-style-type: none"> Blueberry Muffin Banana <hr/> <ul style="list-style-type: none"> Spaghetti w/ Meat Sauce Garlic Bread Vegetable Choices Fruit Choices 	<p>25</p> <ul style="list-style-type: none"> Mini Cinnamon Rolls Mixed Fruit <hr/> <ul style="list-style-type: none"> Popcorn Chicken Mashed Potatoes Vegetable Choices Fruit Choices 	<p>26</p> <ul style="list-style-type: none"> Peach Parfait Applesauce Cinnamon Crisps <hr/> <ul style="list-style-type: none"> Calzone Corn Vegetable Choices Fruit Choices
<p>29</p> <ul style="list-style-type: none"> Breakfast Sandwich Pineapple Tidbits <hr/> <ul style="list-style-type: none"> Spicy Chicken Fingers Or Chicken Fries Dinner Roll Vegetable Choices Fruit Choices 	<p>30</p> <ul style="list-style-type: none"> Maple Madness Mini Waffles Fresh Pineapple Wedge <hr/> <ul style="list-style-type: none"> Nacho Bites Refried Beans Rice Salsa Vegetable Choices Fruit Choices 	<p>31</p> <ul style="list-style-type: none"> Frosted Fudge Pop-Tart Banana <hr/> <ul style="list-style-type: none"> Chili w/ Cornbread Muffin Crackers Vegetable Choices Fruit Choices 	<p>DID YOU KNOW...</p> <p>JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.</p>	

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