

JANUARY 2018

East Moline School District K-5 Grade Breakfast & 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"> Hamburger <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fruit Choice Vegetable Choices Deli Roasters 	<p>4</p> <ul style="list-style-type: none"> Cinnamon Roll String Cheese Stick Applesauce <hr/> <ul style="list-style-type: none"> Soft Taco <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Orange Slices Refried Beans Shredded Lettuce Diced Tomatoes 	<p>5</p> <ul style="list-style-type: none"> Cherry Frudel Peaches <hr/> <ul style="list-style-type: none"> Sloppy Joe <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Strawberries Carroteenies Cucumber Slices
<p>8</p> <ul style="list-style-type: none"> Assorted Cereal Colby Jack Cheese Stick Strawberries <hr/> <ul style="list-style-type: none"> Mac & Cheese <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fresh Pineapple Wedge Celery Sticks Grape Tomatoes Mandarin Oranges 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Apple Slices Refried Beans Salsa 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Mixed Fruit Chopped Romaine 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Strawberries Mashed Potatoes 	<p>12</p> <ul style="list-style-type: none"> Mini Cinnamon Rolls Sliced Peaches <hr/> <ul style="list-style-type: none"> Cheese Pizza <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fruit Choice Vegetable Choices Green Beans
<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Apple Slices Carroteenies Diced Tomatoes 	<p>17</p> <ul style="list-style-type: none"> Assorted Cereal Bug Bite Graham Crackers Banana <hr/> <ul style="list-style-type: none"> Grilled Cheese Sandwich Tomato Soup <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Mixed Fruit Broccoli Florets 	<p>18</p> <ul style="list-style-type: none"> Breakfast Bites (turkey) Syrup Pineapple Tidbits <hr/> <ul style="list-style-type: none"> Mandarin Orange Chicken <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Sliced Pears Vegetable Fried Rice Sugar Snap Peas 	<p>19</p> <ul style="list-style-type: none"> Assorted Cereal Bars Yogurt Mandarin Oranges <hr/> <ul style="list-style-type: none"> Pizza Crunchers <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fruit Choice Vegetable Choices Corn
<p>22</p> <ul style="list-style-type: none"> Oatmeal Bar Sliced Pears <hr/> <ul style="list-style-type: none"> Hot Dog (turkey) <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Grapes BBQ Baked Beans Celery Sticks 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Orange Slices Cucumber Slices Shredded Lettuce Diced Tomatoes 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Sliced Pears Chopped Romaine Mixed Fruit 	<p>25</p> <ul style="list-style-type: none"> Assorted Cereal Bars Vanilla Goldfish Crackers Mixed Fruit <hr/> <ul style="list-style-type: none"> Popcorn Chicken <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fruit Cocktail Mashed Potatoes Carroteenies 	<p>26</p> <ul style="list-style-type: none"> Peach Parfait Applesauce Scooby Doo Graham Crackers <hr/> <ul style="list-style-type: none"> Calzone <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Fruit Choice Vegetable Choices Green Beans
<p>29</p> <ul style="list-style-type: none"> Breakfast Sandwich Pineapple Tidbits <hr/> <ul style="list-style-type: none"> Chicken Strips Dinner Roll <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Mixed Fruit Corn Chopped Romaine 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Honeydew Wedge Refried Beans Salsa Kiwi 	<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 <p><u>Fruit & Vegetable Choices</u></p> <ul style="list-style-type: none"> Apple Slices Broccoli Florets Baby Carrots 	<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.

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