

MARCH 2018

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

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

An old proverb says, "March comes in like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

- Assorted Cereal
- String Cheese Stick
- Orange Slices

5

- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
 - Fruit Cocktail
 - Corn
 - Green Beans

- Blueberry Bash Mini Waffles
- Fresh Pineapple Wedge

6

- Nacho Bites
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

- Frosted Fudge Pop-Tart
- Colby Jack Cheese Stick
- Banana

7

- Turkey & Cheese Sandwich
- Sun Chips
- Fruit & Vegetable Choices
 - Apple Slices
 - Broccoli Florets
 - Baby Carrots

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit

1

- Popcorn Chicken
- Fruit & Vegetable Choices
 - Fruit Cocktail
 - Mashed Potatoes
 - Carroteenies

- Strawberry Parfait
- Applesauce
- Scooby Doo Graham Crackers

2

- Calzone
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

- Breakfast Sandwich
- Fresh Berries

8

- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices

- Cook's Choice
- Fruit Choice

9

½ DAY SCHOOL
NO LUNCHES

NO SCHOOL

12

SPRING BREAK

NO SCHOOL

13

SPRING BREAK

NO SCHOOL

14

SPRING BREAK

NO SCHOOL

15

SPRING BREAK

NO SCHOOL

16

SPRING BREAK

- Assorted Cereal
- Yogurt
- Pineapple Tidbits

19

- Hamburger
- Fruit & Vegetable Choices
 - Applesauce
 - Fruit Cup
 - Deli Roasters

- Cinnamon Roll
- String Cheese Stick
- Applesauce

20

- Soft Taco
- Fruit & Vegetable Choices
 - Orange Slices
 - Refried Beans
 - Shredded Lettuce

- Cherry Frudel
- Banana

21

- Sloppy Joe
- Fruit & Vegetable Choices
 - Fresh Strawberries
 - Carroteenies
 - Cucumber Slices

- Strawberry Mini Pancakes
- Sliced Pears

22

- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
 - Sliced Peaches
 - Broccoli Florets
 - Corn

- Cinnamon Rush Mini French Toast
- Mixed Fruit

23

- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

- Assorted Cereal
- Cheese Stick
- Fresh Strawberries

26

- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
 - Watermelon Wedge
 - Mashed Potatoes

- Chocolate Muffin
- Yogurt
- Orange Slices

27

- Meat & Cheese Nachos
- Fruit & Vegetable Choices
 - Apple Slices
 - Refried Beans
 - Salsa

- Frosted Strawberry Pop-Tart
- String Cheese Stick
- Banana

28

- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Baked Tater Tots
 - Pepper Strips

- Mini Cinnamon Rolls
- Sliced Peaches

29

- Cheese Pizza
- Fruit & Vegetable Choices
 - Fruit Choice
 - Vegetable Choices
 - Green Beans

NO SCHOOL

30

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