

MAY 2017

East Moline School District 6-8 Grade Menu

MONDAY

1

- Blueberry Muffin
- Colby Jack Cheese Stick
- Fresh Strawberries

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

8

- Egg and Cheese Breakfast Burrito
- Applesauce

- Mini Corn Dogs (turkey)
- Baked Beans
- Vegetable Choices
- Fruit Choices

15

- Blueberry Ultimate Breakfast Round
- Sliced Pears

- Spicy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

22

- Variety of Breakfast Entrees
- Fruit Choices

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

29

NO SCHOOL
MEMORIAL DAY

TUESDAY

2

- Pancakes
- Syrup
- Grapes

- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

9

- Breakfast Bites (turkey)
- Syrup
- Pineapple Tidbits

- Chicken & Cheese Taquito
- Salsa
- Vegetable Choices
- Fruit Choices

16

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries

- Nacho Bites
- Refried Beans
- Salsa
- Vegetable Choices
- Fruit Choices

23

- Variety of Breakfast Entrees
- Fruit Choices

- Breaded Chicken Bites
- Dinner Roll
- Rice Krispie Treat
- Vegetable Choices
- Fruit Choices

30

- Variety of Breakfast Entrees
- Fruit Choices

- Cooks Choice
- Fruit Choices
- Vegetable Choices

WEDNESDAY

3

- Frosted Strawberry Pop-Tart
- Banana

- Hot Dog (turkey)
- BBQ Baked Beans
- Vegetable Choices
- Fruit Choices

10

- Maple Mini Pancakes
- Banana

- BBQ Pulled Pork Sandwich
- or
- Meatball Sub
- Vegetable Choices
- Fruit Choices

17

- Chocolate Muffin
- Banana

- Philly Cheesesteak Sandwich
- or
- BBQ Rib Sandwich
- Baked Wedge Fries
- Vegetable Choices
- Fruit Choices

24

- Variety of Breakfast Entrees
- Fruit Choices

- Cooks Choice
- Fruit Choices
- Vegetable Choices

31

- Variety of Breakfast Entrees
- Fruit Choices

- Cooks Choice
- Fruit Choices
- Vegetable Choices

THURSDAY

4

- Smoothie
- Pineapple Tidbits

- Chicken Nuggets
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

11

- Mini Breakfast Pizzas
- Sliced Peaches

- Mandarin Chicken
- Vegetable Fried Rice
- Vegetable Choices
- Fruit Choices

18

- Berry Parfait
- Raisins
- Cinnamon Crisps

- Popcorn Chicken
- Vegetable Choices
- Fruit Choices

25

- Variety of Breakfast Entrees
- Fruit Choices

- Cooks Choice
- Fruit Choices
- Vegetable Choices

FRIDAY

5

- Mini Cinnamon Rolls
- Sliced Peaches

- Spaghetti w/ Meat Sauce
- Garlic Bread
- Vegetable Choices
- Fruit Choices

12

- French Toast Sticks
- Syrup
- Mandarin Oranges

- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

19

- Mini Cinnamon Rolls
- Mixed Fruit

- Pepperoni French Bread Pizza
- Corn
- Vegetable Choices
- Fruit Choices

26

- Variety of Breakfast Entrees
- Fruit Choices

- Cooks Choice
- Fruit Choices
- Vegetable Choices

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

DID YOU KNOW...

The birthstone for May is the emerald which represents success or love.