

MAY 2017

East Moline School District K-5 Grade Menu

MONDAY

- 1**
- Assorted Cereal
 - Colby Jack Cheese Stick
 - Fresh Strawberries
-
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Applesauce
 - Fresh Pineapple Wedge
 - Chopped Romaine
 - Grape Tomatoes

- 8**
- Egg and Cheese Breakfast Burrito
 - Applesauce
-
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
 - Bluelemon Raspberry Sidekick
 - Baked Beans
 - Celery Sticks

- 15**
- Blueberry Ultimate Breakfast Round
 - Sliced Pears
-
- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
 - Kiwi
 - BBQ Baked Beans

- 22**
- Variety of Breakfast Entrees
 - Fruit

½ DAY SCHOOL
NO LUNCH SERVED

29

NO SCHOOL
MEMORIAL DAY

TUESDAY

- 2**
- Pancakes
 - Syrup
 - Grapes
-
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
- Sliced Peaches
 - Apple Slices
 - Refried Beans
 - Salsa

- 9**
- Mini Breakfast Pizzas
 - Sliced Peaches
-
- Chicken & Cheese Taquito
- Fruit & Vegetable Choices
- Apple Slices
 - Fresh Strawberries
 - Corn
 - Salsa

- 16**
- Bacon Scramble Pizza (turkey)
 - Fresh Strawberries
-
- Nacho Bites
- Fruit & Vegetable Choices
- Apple Slices
 - Watermelon Wedge
 - Cucumber Slices

- 23**
- Variety of Breakfast Entrees
 - Fruit
-
- Oven Roasted Chicken
 - Dinner Roll
 - Rice Krispie Treat
- Fruit & Vegetable Choices
- Fruit Choices
 - Vegetable Choices

- 30**
- Variety of Breakfast Entrees
 - Fruit
-
- Cooks Choice
 - Fruit Choices
 - Vegetable Choices

WEDNESDAY

- 3**
- Frosted Strawberry Pop-Tart
 - Banana
-
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
- Honeydew Wedge
 - Orange Slices
 - Baked Wedge Fries

- 10**
- Assorted Cereal
 - Cinnamon Elf Grahams
 - Banana
-
- Turkey & Cheese Sandwich
 - Reduced Fat Doritos
- Fruit & Vegetable Choices
- Mixed Fruit
 - Apple Juice
 - Broccoli Florets
 - Baby Carrots

- 17**
- Chocolate Muffin
 - Banana
-
- Spaghetti w/ Meat Sauce
 - Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
 - Orange Slices
 - Chopped Romaine

- 24**
- Variety of Breakfast Entrees
 - Fruit
-
- Cooks Choice
 - Fruit Choices
 - Vegetable Choices

- 31**
- Variety of Breakfast Entrees
 - Fruit
-
- Cooks Choice
 - Fruit Choices
 - Vegetable Choices

THURSDAY

- 4**
- Assorted Cereal Bars
 - Yogurt
 - Pineapple Tidbits
-
- Chicken Nuggets
 - Dinner Roll
- Fruit & Vegetable Choices
- Kiwi
 - Watermelon Wedge
 - Mashed Potatoes

- 11**
- Breakfast Bites (turkey)
 - Syrup
 - Pineapple Tidbits
-
- Mandarin Chicken
- Fruit & Vegetable Choices
- Sliced Pears
 - Vegetable Fried Rice
 - Sugar Snap Peas

- 18**
- Smoothie
 - Raisins
 - Cinnamon Crisps
-
- Popcorn Chicken
- Fruit & Vegetable Choices
- Fruit Cocktail
 - Applesauce
 - Baby Carrots

- 25**
- Variety of Breakfast Entrees
 - Fruit
-
- Cooks Choice
 - Fruit Choices
 - Vegetable Choices

FRIDAY

- 5**
- Mini Cinnamon Rolls
 - Sliced Peaches
-
- Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choices
 - Green Beans

- 12**
- Assorted Cereal Bars
 - Yogurt
 - Mandarin Oranges
-
- Pizza Crunchers
- Fruit & Vegetable Choices
- Fruit Choices
 - Green Beans

- 19**
- Assorted Cereal Bars
 - Vanilla Goldfish Crackers
 - Mixed Fruit
-
- Calzone
- Fruit & Vegetable Choices
- Fruit Choices
 - Corn

- 26**
- Variety of Breakfast Entrees
 - Fruit
-
- Cooks Choice
 - Fruit Choices
 - Vegetable Choices

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!
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

DID YOU KNOW...

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