

# NOVEMBER 2017

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



MONDAY

### DID YOU KNOW?

American football is the main sport watched in the United States during this month.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

### NO SCHOOL IN-SERVICE DAY

- Bacon Scramble Pizza (turkey)
- Strawberries
- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
  - Orange Slices
  - Cucumber Slices
  - Shredded Lettuce
  - Diced Tomatoes

7

- Blueberry Muffin
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
  - Sliced Pears
  - Chopped Romaine
  - Mixed Fruit

8

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit
- Popcorn Chicken
- Fruit & Vegetable Choices
  - Fruit Cocktail
  - Mashed Potatoes
  - Carroteenies

9

- Blueberry Parfait
- Applesauce
- Scooby Doo Graham Crackers
- Calzone
- Fruit & Vegetable Choices
  - Fruit Choice
  - Vegetable Choices
  - Green Beans

10

13

- Assorted Cereal
- String Cheese Stick
- Orange Slices
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
  - Sliced Peaches
  - Broccoli Florets
  - Corn

14

- Blueberry Bash Mini Waffles
- Fresh Pineapple Wedge
- Nacho Bites
- Fruit & Vegetable Choices
  - Honeydew Wedge
  - Refried Beans
  - Salsa
  - Kiwi

15

- Frosted Fudge Pop-Tart
- Banana
- Chili w/ Cornbread Muffin
- Crackers
- Fruit & Vegetable Choices
  - Apple Slices
  - Broccoli Florets
  - Baby Carrots

16

- Breakfast Sandwich
- Pineapple Tidbits
- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
  - Mixed Fruit
  - Corn
  - Chopped Romaine

17

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches
- Cheesy Garlic French Bread Pizza
- Marinara Sauce
- Fruit & Vegetable Choices
  - Fruit Choice
  - Vegetable Choices

20

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge
- Hamburger
- Fruit & Vegetable Choices
  - Apple Slices
  - Deli Roasters
  - Celery Sticks

21

- Strawberry Mini Pancakes
- Sliced Pears
- Turkey & Gravy
- Dinner Roll
- Mini Rice Krispie Treat
- Fruit & Vegetable Choices
  - Fruit Cocktail
  - Mashed Potatoes

22

### NO SCHOOL THANKSGIVING BREAK

23

### NO SCHOOL THANKSGIVING DAY

24

### NO SCHOOL THANKSGIVING BREAK

27

- Assorted Cereal
- Colby Jack Cheese Stick
- Strawberries
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
  - Strawberries
  - Mashed Potatoes

28

- Smoothie
- Chocolate Elf Grahams
- Grapes
- Meat & Cheese Nachos
- Fruit & Vegetable Choices
  - Apple Slices
  - Refried Beans
  - Salsa

29

- Frosted Strawberry Pop-Tart
- Banana
- Lasagna
- Garlic Bread
- Fruit & Vegetable Choices
  - Mixed Fruit
  - Chopped Romaine

30

- Chocolate Muffin
- Yogurt
- Orange Slices
- Mac & Cheese
- Fruit & Vegetable Choices
  - Fresh Pineapple Wedge
  - Celery Sticks
  - Grape Tomatoes
  - Mandarin Oranges



**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](http://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