

OCTOBER 2017

East Moline School District 6-8 Grade Breakfast & Lunch Menu

MONDAY

2

NO SCHOOL
FALL BREAK

9

NO SCHOOL
COLUMBUS DAY

16

- Scone
- Yogurt
- Fresh Pineapple Wedge

- Cheeseburger
- Deli Roasters
- Vegetable Choices
- Fruit Choices

23

- Graham Smacker
- Fresh Strawberries

- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

30

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce

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

TUESDAY

3

NO SCHOOL
FALL BREAK

10

- Mini Breakfast Pizzas
- Cheese Stick
- Orange Slices
- Breaded Chicken Bites
- Dinner Roll
- Rice Krispie Treat
- Vegetable Choices
- Fruit Choices

17

- Pancakes
- Syrup
- Strawberries

- Soft Taco
- Refried Beans
- Mexican Rice
- Salsa
- Vegetable Choices
- Fruit Choices

24

- Orange Smoothie
- Grapes

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

31

- Mini Breakfast Pizzas
- Sliced Peaches

- Walking Dead Taco's
- Salsa
- Vegetable Choices
- Fruit Choices

WEDNESDAY

4

NO SCHOOL
FALL BREAK

11

- Frosted Fudge Pop-Tart
- Banana
- Crispito's
- Vegetable Choices
- Fruit Choices

18

- Apple Frudel
- Banana

- Sloppy Joe
- Vegetable Choices
- Fruit Choices

25

- Frosted Strawberry Pop-Tart
- Banana

- Philly Cheesesteak Sandwich
- or
- BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices
- Fruit Choices

THURSDAY

5

NO SCHOOL
FALL BREAK

12

- Breakfast Sandwich
- Fresh Berries
- Spicy Chicken Fingers
- Or
- Chicken Fries
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

19

- Cinnamon Roll
- String Cheese Stick
- Orange Slices

- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

26

- Chocolate Muffin
- Orange Slices

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

FRIDAY

6

NO SCHOOL
FALL BREAK

13

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches

- Cheesy Garlic French Bread Pizza
- Marinara sauce
- Vegetable Choices
- Fruit Choices

20

- Cinnamon Rush Mini French Toast
- Mixed Fruit

- Bosco Sticks
- Marinara Sauce
- Vegetable Choices
- Fruit Choices

27

- Mini Cinnamon Rolls
- Sliced Peaches

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

More US presidents have been born in October than in any other month.