

# OCTOBER 2017

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

### MONDAY

2

NO SCHOOL  
FALL BREAK

9

NO SCHOOL  
COLUMBUS DAY

16

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

23

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

30

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
  - Cantaloupe Wedge
  - Baked Beans
  - Celery Sticks

### TUESDAY

3

NO SCHOOL  
FALL BREAK

10

- Assorted Cereal
- String Cheese Stick
- Orange Slices
- Oven Roasted Chicken
- Dinner Roll
- Mini Rice Krispie Treat
- Fruit & Vegetable Choices
  - Fruit Cocktail
  - Corn

17

- Cinnamon Roll
- String Cheese Stick
- Applesauce
- Soft Taco
- Fruit & Vegetable Choices
  - Orange Slices
  - Refried Beans
  - Shredded Lettuce
  - Diced Tomatoes

24

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

31

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Dead Taco's
- Fruit & Vegetable Choices
  - Apple Slices
  - Carroteenies
  - Diced Tomatoes

### WEDNESDAY

4

NO SCHOOL  
FALL BREAK

11

- Frosted Fudge Pop-Tart
- Banana
- Italian Deli Sandwich
- Sun Chips
- Fruit & Vegetable Choices
  - Apple Slices
  - Broccoli Florets
  - Baby Carrots

18

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

25

- Frosted Strawberry Pop-Tart
- Banana
- Philly Cheesesteak Sandwich
- Fruit & Vegetable Choices
  - Honeydew Wedge
  - Baked Tater Tots
  - Pepper Strips

### THURSDAY

5

NO SCHOOL  
FALL BREAK

12

- Breakfast Sandwich
- Fresh Berries
- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
  - Mixed Fruit
  - Mashed Potatoes
  - Chopped Romaine

19

- Maple Mini Pancakes
- Sliced Pears
- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
  - Sliced Peaches
  - Broccoli Florets
  - Corn

26

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Fruit & Vegetable Choices
  - Watermelon Wedge
  - Baked Tater Tots
  - Mashed Potatoes

### FRIDAY

6

NO SCHOOL  
FALL BREAK

13

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches
- Galaxy Cheese Pizza
- Marinara sauce
- Fruit & Vegetable Choices
  - Fruit Choice
  - Vegetable Choices
  - Green Beans

20

- Cinnamon Rush Mini French Toast
- Mixed Fruit
- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
  - Fruit Choice
  - Vegetable Choices
  - Green Beans

27

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

### 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.

Did you know that all of our canned fruit is served in 100% fruit juice or in extra light syrup?

For a color version of this menu and nutrition information, check out the food service department on the district website:

[www.emsd57.org](http://www.emsd57.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?

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