

September 2017

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

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

LABOR DAY
NO SCHOOL

4

- Maple Madness Mini Waffles
- Fresh Pineapple Wedge
- Nacho Bites
- Refried Beans
- Salsa
- Vegetable Choices
- Fruit Choices

5

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

6

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

7

- Strawberry Parfait
- Applesauce
- Cinnamon Crisps
- Pepperoni French Bread Pizza
- Corn
- Vegetable Choices
- Fruit Choices

1

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

8

- Scone
- Yogurt
- Fresh Pineapple Wedge
- Cheeseburger
- Deli Roasters
- Vegetable Choices
- Fruit Choices

11

- Pancakes
- Syrup
- Strawberries
- Soft Taco
- Refried Beans
- Mexican Rice
- Salsa
- Vegetable Choices
- Fruit Choices

12

- Cherry Frudel
- Banana
- Sloppy Joe
- Vegetable Choices
- Fruit Choices

13

- Cinnamon Roll
- String Cheese Stick
- Orange Slices
- Crispy Chicken Sandwich
- Vegetable Choices
- Fruit Choices

14

- Cinnamon Rush Mini French Toast
- Mixed Fruit
- Bosco Sticks
- Marinara Sauce
- Vegetable Choices
- Fruit Choices

15

- Graham Smacker
- Fresh Strawberries
- Godfathers Pizza
- Vegetable Choices
- Fruit Choices

18

- Apple Cinnamon Smoothie
- Grapes
- Meat & Cheese Nachos
- Salsa
- Vegetable Choices
- Fruit Choices

19

- Frosted Strawberry Pop-Tart
- Banana
- Philly Cheesesteak Sandwich or
- BBQ Rib Sandwich
- Baked Tater Tots
- Vegetable Choices

20

- Chocolate Muffin
- Yogurt
- Orange Slices
- Chicken Nuggets
- Dinner Roll
- Mashed Potatoes
- Vegetable Choices
- Fruit Choices

21

- Mini Cinnamon Rolls
- Sliced Peaches

22

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

25

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Salsa
- Vegetable Choices
- Fruit Choices

26

- Maple Mini Pancakes
- Banana
- BBQ Pulled Pork Sandwich or
- Meatball Sub
- Baked Waffle Fries
- Vegetable Choices
- Fruit Choices

27

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Teriyaki Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas
- Fortune Cookie

28

- Biscuits & Gravy
- Mandarin Oranges
- Pizza Crunchers
- Corn
- Vegetable Choices
- Fruit Choices

29

½ DAY SCHOOL
NO LUNCHES

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

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Menu subject to change without notice