

September 2017

East Moline School District K-5 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
- Fruit & Vegetable Choices
 - Honeydew Wedge
 - Refried Beans
 - Salsa
 - Kiwi

5

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

6

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

7

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

1

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

8

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

11

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

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

- Mini Cinnamon Rolls
- Sliced Peaches

22

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

25

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

26

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
 - Fruit Cocktail
 - Broccoli Florets

27

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

28

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

29

½ DAY SCHOOL
NO LUNCHEES

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.

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.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