



## Folsom Education and Community Center May Lunch Menu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
29	30	1	2	3
Turkey Stir Fry w/Quinoa	Parmesan Chicken & Rice	Duffy's Special	Goulash	Mexican Lasagna
6	7	8	9	10
Pasta Primavera	Taco Tuesday	Chicken & Dumplings	Tuna Noodle Casserole	Burgers & Sweet Potato Tots
13	14	15	16	17
Vegetable Lo Mein	Orange Ginger Chicken w/ Rice	Turkey Dinner	Chicken Salad Wraps	Mac & Trees
20	21	22	23	24
Chef Salad	Chicken Fajitas	Pizza Day	Cheese Ravioli	Honey Garlic Pork Chops w/ Rice
No School 27	28	29	30	31
Memorial Day	Yogurt w/Granola & Fruit	Mexican Tomato Soup w/ Corn Bread	Chicken Caesar Salad	Pigs in a Blanket
<b>Daily Hot Lunch Alternatives</b>		<b>Lunch Prices</b>		<b>Breakfast Prices</b>
Everyday: Sunbutter & Jelly Sandwich		Full Price: \$2.70		<b>You may apply for Free and Reduced Lunches all year</b>
Monday: Tuna Fish Sandwich		Adult: \$4.10		
Tuesday: Egg Salad Sandwich		Milk: \$0.50		
Wednesday: Ham and Cheese Sandwich		Ariana Middlemiss Folsom Nutrition Program Manager		
Thursday: Turkey Sandwich		Cecile Gove Folsom Nutrition Professional		
Friday: Wally's Bagel w/cream cheese or sunbutter				
This institution is an equal opportunity provider.				