

5-8 A March 2021 Breakfast

Breakfast comes with a choice of white milk, a fruit and one of the menu items below

Childs Name:

Milk Choice: Whole Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Inservice	Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin Wally's Bagel	Wally's Bagel
8	9	10	11	12
Wally's Bagel	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Sausage Egg and Cheese on an English Muffin Folsom Blueberry Muffin
15	16	17	18	19
Folsom Blueberry Muffin	Bacon, Egg & Cheese Wrap Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin Wally's Bagel	Wally's Bagel
22	23	24	25	26
Wally's Bagel	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Egg & Cheese Wrap Folsom Blueberry Muffin
29	30	31	1	2
Folsom Blueberry Muffin	Folsom Granola & Yogurt Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin Wally's Bagel	Wally's Bagel

Daily Snack Options

- Snack: \$1.00/Item Fruit: \$0.75
- Cheddar Popcom
- Annie's Bunny Grahams
- Pretzels
- Fruit
- Mozzarella String Cheese
- Please write the snack items your child would like daily:

Breakfast Prices

- Full Price: \$1.75
- Adult: \$3.00
- Milk: \$0.50
- Cecile Gove Folsom Nutrition Program Assistant
Ariana Middlemiss Folsom Nutrition Program Manager
amiddlemiss@gisu.org | (802)372-6600 ex:1115

You may apply for Free and Reduced Breakfast at any point all year

This institution is an equal opportunity provider.

5-8 A March 2021 Lunch

Winter Squash is this month's Harvest of the Month this month!

Childs Name:

Milk Choice: Whole Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Inservice	Egg Salad OR Sunbutter & Jelly Sandwiches	Chef's Salad	Turkey OR Sunbutter & Jelly Sandwich	Yogurt Parfait w/ Granola and Fruit Wally's Bagel OR Sunbutter & Jelly Sandwich
8	9	10	11	12
Tuna OR Sunbutter & Jelly Sandwich	Ravioli	Egg Salad OR Sunbutter & Jelly Sandwiches	Tuna Salad Wraps	Turkey OR Sunbutter & Jelly Sandwich
15	16	17	18	19
Tuna OR Sunbutter & Jelly Sandwich	Tacos	Egg Salad OR Sunbutter & Jelly Sandwiches	Ham and Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich
22	23	24	25	26
Tuna OR Sunbutter & Jelly Sandwich	Meatball Subs	Egg Salad OR Sunbutter & Jelly Sandwiches	Cucumber Cheddar Wraps	Turkey OR Sunbutter & Jelly Sandwich
29	30	31	1	2
Tuna OR Sunbutter & Jelly Sandwich	Korean Beef w/ Rice	Egg Salad OR Sunbutter & Jelly Sandwiches	Pesto Pasta	Turkey OR Sunbutter & Jelly Sandwich

Daily Hot Lunch Alternatives

- Everyday: Sunbutter & Jelly Sandwich (SB&J)
- Monday: Tuna Fish Sandwich
- Tuesday: Egg Salad Sandwich
- Wednesday: Ham and Cheese Sandwich
- Thursday: Turkey Sandwich
- Friday: Wally's Bagel w/cream cheese or sunbutter

Lunch Prices

- Full Price: \$2.90
- Adult: \$4.10
- Milk: \$0.50
- Cecile Gove Folsom Nutrition Program Assistant
Ariana Middlemiss Folsom Nutrition Program Manager
amiddlemiss@gisu.org | (802)372-6600 ex:1115

Breakfast Price

- Full Price: \$1.7
- Adult: \$3.00
- Milk: \$0.50

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