

5-8 A May 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 |
|--------------------------|---------------|---------------------------|---|---------------|
| 3 | 4 | 5 | 6 | 7 |
| Egg & Cheese Wrap | Wally's Bagel | Yogurt and Folsom Granola | Wally's Bagel | Wally's Bagel |
| 10 | 11 | 12 | 13 | 14 |
| Folsom Muffin | Folsom Muffin | Yogurt and Folsom Granola | Sausage Egg and Cheese on an English Muffin | Folsom Muffin |
| 17 | 18 | 19 | 20 | 21 |
| Bacon, Egg & Cheese Wrap | Wally's Bagel | Yogurt and Folsom Granola | Wally's Bagel | Wally's Bagel |
| 24 | 25 | 26 | 27 | 28 |
| Folsom Muffin | Folsom Muffin | Yogurt and Folsom Granola | Egg & Cheese Wrap | Folsom Muffin |
| 31 | 1 | 2 | 3 | 4 |
| Memorial Day | Wally's Bagel | Yogurt and Folsom Granola | 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 amidlemis@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 May 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 |
|--------------------------|---|-----------------------|----------------------------|---|
| 3 | 4 | 5 | 6 | 7 |
| Shepards Pie | Egg Salad OR Sunbutter & Jelly Sandwiches | Cucumber Cheddar Wrap | Turkey Stir Fry | Wally's Bagel OR Sunbutter & Jelly Sandwich |
| 10 | 11 | 12 | 13 | 14 |
| Taco Day! | Egg Salad OR Sunbutter & Jelly Sandwiches | Ham and Cheese Wrap | Cheese and Pepperoni Pizza | Wally's Bagel OR Sunbutter & Jelly Sandwich |
| 17 | 18 | 19 | 20 | 21 |
| Bacon Chicken Ranch Bake | Egg Salad OR Sunbutter & Jelly Sandwiches | Pasta Salad | Sloppy Joes | Wally's Bagel OR Sunbutter & Jelly Sandwich |
| 24 | 25 | 26 | 27 | 28 |
| Chicken Stir-fry | Egg Salad OR Sunbutter & Jelly Sandwiches | BLT Wrap | Beef Stew | Wally's Bagel OR Sunbutter & Jelly Sandwich |
| 31 | 1 | 2 | 3 | 4 |
| Memorial Day | Egg Salad OR Sunbutter & Jelly Sandwiches | Ham and Cheese Wrap | Apple Island Chicken | Wally's Bagel OR Sunbutter & Jelly Sandwich |

Daily Hot Lunch Alternatives

| Alternatives | Lunch Prices | Breakfast Price |
|---|--|--------------------|
| Everyday: Sunbutter & Jelly Sandwich (SB&J) | Full Price: \$2.90 | Full Price: \$1.75 |
| Monday: Tuna Fish Sandwich | Adult: \$4.10 | Adult: \$3.00 |
| Tuesday: Egg Salad Sandwich | Milk: \$0.50 | Milk: \$0.50 |
| Wednesday: Ham and Cheese Sandwich | Cecile Gove Folsom Nutrition Program Assistant | |
| Thursday: Turkey Sandwich | Ariana Middlemiss Folsom Nutrition Program Manager amidlemis@gisu.org (802)372-6600 ex:1115 | |
| Friday: Wally's Bagel w/cream cheese or sunbutter | | |

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