

5-8 B April 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
5	6	7	8	9
Folsom Blueberry Muffin	Folsom Muffin	Yogurt and Folsom Granola	Folsom Blueberry Muffin	Egg & Cheese Wrap
12	13	14	15	16
Wally's Bagel	Sausage Egg and Cheese on an English Muffin	Yogurt and Folsom Granola	Wally's Bagel	Wally's Bagel
19	20	21	22	23

Spring Break

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
Wally's Bagel	Egg & Cheese Wrap	Yogurt and Folsom Granola	Wally's Bagel	Wally's Bagel

Daily Snack Options

- Snack: \$1.00/Item Fruit: \$0.75
- Cheddar Popcorn
- 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 B April 2021 Lunch

Childs Name:

Milk Choice:

Whole		Skim		
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Tuna OR Sunbutter & Jelly Sandwich	Mac and Trees	Chefs Salad	Turkey OR Sunbutter & Jelly Sandwich	Tomatoe Soup with Bread
12	13	14	15	16
Tuna OR Sunbutter & Jelly Sandwich	Turkey Deessing Casserole	Pasta Salad	Turkey OR Sunbutter & Jelly Sandwich	Cheese and Pepperoni Pizza
19	20	21	22	23

Spring Break

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
Tuna OR Sunbutter & Jelly Sandwich	Taco Tuesday!	Ham & Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	Veggie Lo Mein

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
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- Full Price: \$1.75
- Adult: \$3.00
- Milk: \$0.50

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