

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

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 B 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	Chef's Salad	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich Pasta Primavera
8	9	10	11	12
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches Chicken Fajitas	Tuna Salad Wraps	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich Honey Mustard Chicken w/ Quinoa
15	16	17	18	19
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches Chicken Noodle Soup w/ Bread	Ham and Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	Parent Teacher Conferences
22	23	24	25	26
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches Yogurt Parfait w/ Granola and Fruit	Cucumber Cheddar Wraps	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich Burgers & Tots
29	30	31	1	2
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches Spaghetti with Meatballs	Pesto Pasta	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich Breakfast Calzone

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
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Breakfast Prices

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

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