



Folsom Education and Community Center August & September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	FIRST DAY 25	26	27
		PESTO PASTA	PIGS IN A BLANKET	CHICKEN FAJITAS
30	31	1	2	3
Chicken, Broccoli, Rice Casserole	TACO TUESDAY	GOULASH	APPLE ISLAND CHICKEN	BURGERS & TOTS
6	7	8	9	10
TUNA NOODLE CASSEROLE	KOREAN BEEF	CHEDDAR QUICHE	CHEESE & PEPPERONI PIZZA	PASTA PRIMAVERA
13	14	15	16	17
FOLSOM FISH STICKS W/RICE	BEEF STROGANOFF	CHEF SALAD	MAC & TREES	BBQ CHICKEN & POTATO SALAD
20	21	22	23	24
Southwest Chicken Salad	Butternut Squash Soup & Bread	SPAGHETTI W/ MEAT SAUCE	TURKEY BACON WRAPS	SHEPARDS PIE
27	28	29	30	1
BUFFALO CHICKEN WRAPS	TACO TUESDAY	CAPRESE PASTA SALAD	CHICKEN NOODLE SOUP	BURGERS & TOTS
Daily Hot Lunch Alternatives		Lunch Prices		You may apply for Free and Reduced Lunches all year
Everyday: Sunbutter & Jelly Sandwich		Full Price: \$3.00		
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.				