



## Folsom Education and Community Center January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>CHEDDAR QUICHE</b>	<b>TACO TUESDAY</b>	<b>SPAGHETTI W/ MEAT SAUCE</b>	<b>BUFFALO CHICKEN WRAPS</b>	<b>ITALIAN SAUSAGE CHICKPEA PASTA</b>
10	11	12	13	14
<b>VEGGIE STIR-FRY</b>	<b>Chicken &amp; Bacon Bake</b>	<b>TURKEY CHILI</b>	<b>CHEESY TACO PASTA</b>	<b>BURGERS AND TOTS</b>
17	18	19	20	21
<b>MLK Day</b>	<b>Beef Stroganoff</b>	<b>TURKEY BACON WRAPS</b>	<b>CHEESE &amp; PEPPERONI PIZZA</b>	<b>Boneless Pork Ribs with french fries</b>
24	25	26	27	28
<b>Pot Roast with Rolls</b>	<b>CHICKEN FAJITAS</b>	<b>PORK "FRIED" RICE</b>	<b>MAC &amp; CHEESE</b>	<b>PIGS IN A BLANKET</b>
31	2	2	3	4
<b>Shepard's Pie</b>	<b>CHICKEN DIVAN</b>	<b>SPAGHETTI W/ Garlic bread</b>	<b>DUFFY SPECIAL</b>	<b>SWEET POTATO TURKEY SKILLET</b>
<b>Daily Hot Lunch Alternatives</b>		<b>Lunch Prices</b>	<b>Breakfast Prices</b>	<b>You may apply for Free and Reduced Lunches all year</b>
Everyday: Sunbutter & Jelly Sandwich		Full Price: \$3.00	Full Price: \$1.85	
Monday: Tuna Fish Sandwich		Adult: \$4.35	Adult: \$3.00	
Tuesday: Egg Salad Sandwich		Milk: \$0.50	Milk: \$0.50	
Wednesday: Ham and Cheese Sandwich				
Thursday: Turkey Sandwich		Cecile Gove Folsom Nutrition Professional		
Friday: Wally's Bagel w/cream cheese or sunbutter				
This institution is an equal opportunity provider.				