

January 5-8 A 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	
4	5	6	7	8	
Egg & Cheese Wrap	Wally's Bagel	Yogurt and Folsom Granola	Wally's Bagel	Wally's Bagel	
11	12	13	14	15	
Folsom Blueberry Muffin	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Sausage Egg and Cheese on an English Muffin	Folsom Blueberry Muffin	
18	19	20	21	22	
MLK Day	Wally's Bagel	Yogurt and Folsom Granola	Wally's Bagel	Wally's Bagel	
25	26	27	28	29	
Folsom Blueberry Muffin	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Egg & Cheese Wrap	Folsom Blueberry Muffin	
1	2	3	4	5	
Folsom Granola & Yogurt	Wally's Bagel	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.

January 5-8 A 2021 Lunch

Beets are this month's Harvest of the Month this month!

Childs Name:

Milk Choice:		Whole	Skim		
Monday	Tuesday	Wednesday	Thursday	Friday	
4	5	6	7	8	
Pesto Pasta	Egg Salad OR Sunbutter & Jelly Sandwiches	Sesame Noodle Salad	Three Sisters Soup with crackers	Wally's Bagel OR Sunbutter & Jelly Sandwich	
11	12	13	14	15	
Taco Tuesday!	Egg Salad OR Sunbutter & Jelly Sandwiches	Egg Salad Wrap	Cheese and Pepperoni Pizza	Wally's Bagel OR Sunbutter & Jelly Sandwich	
18	19	20	21	22	
MLK Day	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Noodle Soup	Breakfast Calzone	Wally's Bagel OR Sunbutter & Jelly Sandwich	
25	26	27	28	29	
Beef Stroganoff	Egg Salad OR Sunbutter & Jelly Sandwiches	Ham & Cheese Sandwich	Corn Chowder	Wally's Bagel OR Sunbutter & Jelly Sandwich	
1	2	3	4	5	
VT Apple French Toast Bake	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Salad Wrap	Turkey Chili w/ Cornbread	Wally's Bagel OR Sunbutter & Jelly Sandwich	

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

- Full Price: \$2.90
- Adult: \$4.10
- Milk: \$0.50

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

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