

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

January 5-8 B 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
Tuna OR Sunbutter & Jelly Sandwich	Chicken "Fried" Rice	Sesame Noodle Salad	Turkey OR Sunbutter & Jelly Sandwich	Spaghetti w/ Meat Sauce ft. Beets
11	12	13	14	15
Tuna OR Sunbutter & Jelly Sandwich	Chicken Fajitas	Egg Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	Honey Garlic Pork Chops with Rice
18	19	20	21	22
MLK Day	Chicken Noodle Soup	Chicken Noodle Soup	Turkey OR Sunbutter & Jelly Sandwich	Burgers & Tots
25	26	27	28	29
Tuna OR Sunbutter & Jelly Sandwich	Cheddar Bacon Quiche	Ham & Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	Italian Sausage Chickpea Pasta
1	2	3	4	5
Tuna OR Sunbutter & Jelly Sandwich	Lasagna	Chicken Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	VT Apple French Toast Bake

Daily Hot Lunch Alternatives

Everyday:	Lunch Prices	Breakfast Prices
Sunbutter & Jelly Sandwich (SB&J)	Full Price: \$2.90	Full Price: \$1.75
Monday: Tuna Fish Sandwich	Adult: \$4.10	Adult: \$3.00
Tuesday: Egg Salad Sandwich	Milk: \$0.50	Milk: \$0.50
Wednesday: Ham and Cheese Sandwich	Cecile Gove Folsom Nutrition Program Assistant	
Thursday: Turkey Sandwich	Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org (802)372-6600 ex:1115	
Friday: Wally's Bagel w/cream cheese or sunbutter		

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