

# January K-4 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	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Egg & Cheese Wrap
11	12	13	14	15
Folsom Blueberry Muffin	Sausage Egg and Cheese on an English Muffin	Yogurt and Folsom Granola	Sausage Egg and Cheese on an English Muffin	Wally's Bagel
18	19	20	21	22
Bacon, Egg & Cheese Wrap	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Bacon, Egg & Cheese Wrap
25	26	27	28	29
Folsom Blueberry Muffin	Egg & Cheese Wrap	Yogurt and Folsom Granola	Egg & Cheese Wrap	Wally's Bagel
1	2	3	4	5
Yogurt and Folsom Granola	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Yogurt and Folsom Granola
Daily Snack Options		Breakfast Prices		
Snack: \$1.00/Item Fruit: \$0.75		Full Price: \$1.75		
Cheddar Popcorn		Adult: \$3.00		
Annie's Bunny Grahams		Milk: \$0.50		
Pretzels		Cecile Gove Folsom Nutrition Program Assistant		
Fruit		<p><i>You may apply for Free and Reduced Breakfast at any point all year</i></p> <p>Ariana Middlemiss Folsom Nutrition Program Manager                      amiddlemiss@gisu.org   (802) 372-6600 ex:1115</p>		
Mozzarella String Cheese				
Please write the snack items your child would like daily:				
This institution is an equal opportunity provider.				

# January K-4 2021 Lunch

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

Childs Name:									
Milk Choice:		Whole	Skim						
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8	4	5	6	7	8
Tuna OR Sunbutter & Jelly Sandwich	Pesto Pasta	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken "Fried" Rice	Sesame Noodle Salad	Turkey OR Sunbutter & Jelly Sandwich	Three Sisters Soup with crackers	Wally's Bagel OR Sunbutter & Jelly Sandwich	<i>Harvest of the month meal</i> Spaghetti w/ Meat Sauce ft. Beets	
11	12	13	14	15	11	12	13	14	15
Tuna OR Sunbutter & Jelly Sandwich	Taco Tuesday!	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Fajitas	Egg Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	Cheese and Pepperoni Pizza	Wally's Bagel OR Sunbutter & Jelly Sandwich	Honey Garlic Pork Chops with Rice	
18	19	20	21	22	18	19	20	21	22
MLK Day		Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Noodle Soup	Chicken Noodle Soup	Turkey OR Sunbutter & Jelly Sandwich	Breakfast Calzone	Wally's Bagel OR Sunbutter & Jelly Sandwich	Burgers & Tots	
25	26	27	28	29	25	26	27	28	29
Tuna OR Sunbutter & Jelly Sandwich	Beef Stroganoff	Egg Salad OR Sunbutter & Jelly Sandwiches	Cheddar Bacon Quiche	Ham & Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	Corn Chowder	Wally's Bagel OR Sunbutter & Jelly Sandwich	Italian Sausage Chickpea Pasta	
1	2	3	4	5	1	2	3	4	5
Tuna OR Sunbutter & Jelly Sandwich	VT Apple French Toast Bake	Egg Salad OR Sunbutter & Jelly Sandwiches	Lasagna	Chicken Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	Turkey Chili w/cornbread	Wally's Bagel OR Sunbutter & Jelly Sandwich	VT Apple French Toast Bake	
Daily Hot Lunch Alternatives			Lunch Prices		Breakfast Prices				
Everyday: 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									
Friday: Wally's Bagel w/cream cheese or sunbutter			Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org   (802)372-6600 ex:1115						
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