

# January Non-Folsom/Remote 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	Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin	Wally's Bagel
11	12	13	14	15
Wally's Bagel	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Folsom Blueberry Muffin
18	19	20	21	22
MLK Day	Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin	Wally's Bagel
25	26	27	28	29
Wally's Bagel	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Folsom Blueberry Muffin
1	2	3	4	5
Folsom Blueberry Muffin	Wally's Bagel	Yogurt and Folsom Granola	Folsom Blueberry Muffin	Wally's Bagel
<b>Daily Snack Options</b>		<b>Breakfast Prices</b>		
Snack: \$1.00/Item Fruit: \$0.75		Full Price: \$1.75		
Cheddar Popcom		Adult: \$3.00		
Annie's Bunny Grahams		Milk: \$0.50		
Pretzels		Cecile Gove Folsom Nutrition Program Assistant Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org   (802)372-6600 ex:1115		
Fruit				
Mozzarella String Cheese				
Please write the snack items your child would like daily:				
This institution is an equal opportunity provider.				

You may apply for Free and Reduced Breakfast at any point all year

# January Non-Folsom/Remote 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	Egg Salad OR Sunbutter & Jelly Sandwiches	Sesame Noodle Salad	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
11	12	13	14	15
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	Egg Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
18	19	20	21	22
MLK Day	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Noodle Soup	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
25	26	27	28	29
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	Ham & Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
1	2	3	4	5
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Salad Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
<b>Daily Hot Lunch Alternatives</b>		<b>Lunch Prices</b>	<b>Breakfast Prices</b>	
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		Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org   (802)372-6600 ex:1115		
Friday: Wally's Bagel w/cream cheese or sunbutter				
<b>You may apply for Free and Reduced Lunches at any point all year</b>				
This institution is an equal opportunity provider.				