

# K-4 February 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	
1	2	3	4	5	
Folsom Granola & Yogurt	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Folsom Granola & Yogurt	
8	9	10	11	12	
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	
15	16	17	18	19	
Bacon, Egg & Cheese Wrap	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Bacon, Egg & Cheese Wrap	
22	23	24	25	26	

February Break

Daily Snack Options	Breakfast Prices
<b>Snack: \$1.00/Item Fruit: \$0.75</b>	Full Price: \$1.75
Cheddar Popcorn	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	
<b>Please write the snack items your child would like daily:</b>	

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

This institution is an equal opportunity provider.

# K-4 February 2021 Lunch

Winter Squash is this month's Harvest of the Month this month!

Childs Name:

Milk Choice:		Whole	Skim		
Monday	Tuesday	Wednesday	Thursday	Friday	
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
8	9	10	11	12	
Tuna OR Sunbutter & Jelly Sandwich	Chicken Fajitas	Egg Salad OR Sunbutter & Jelly Sandwiches	Veggie Stir-Fry	Ham and Cheese Wrap	Turkey OR Sunbutter & Jelly Sandwich
15	16	17	18	19	
Tuna OR Sunbutter & Jelly Sandwich	Beef Stroganoff	Egg Salad OR Sunbutter & Jelly Sandwiches	Taco Tuesday!	Cold Sesame Noodles	Turkey OR Sunbutter & Jelly Sandwich
22	23	24	25	26	

## February Break

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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