

# K-4 March 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	
Egg & Cheese Wrap	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Egg & Cheese Wrap	
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	
Folsom Blueberry Muffin	Egg & Cheese Wrap	Yogurt and Folsom Granola	Egg & Cheese Wrap	Wally's Bagel	
29	30	31	1	2	
Yogurt and Folsom Granola	Folsom Blueberry Muffin	Yogurt and Folsom Granola	Wally's Bagel	Yogurt and Folsom Granola	
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					
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*

# K-4 March 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	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	1	2	3	4	5
Inservice	Egg Salad OR Sunbutter & Jelly Sandwiches	Chef's Salad	Chef's Salad	Turkey OR Sunbutter & Jelly Sandwich	Yogurt Parfait w/ Granola and Fruit	Wally's Bagel OR Sunbutter & Jelly Sandwich	Pasta Primavera		
8	9	10	11	12	8	9	10	11	12
Tuna OR Sunbutter & Jelly Sandwich	Ravioli	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Fajitas	Tuna Salad Wraps	Turkey OR Sunbutter & Jelly Sandwich	Cheese and Pepperoni Pizza	Wally's Bagel OR Sunbutter & Jelly Sandwich	Honey Mustard Chicken w/ Quinoa	
15	16	17	18	19	15	16	17	18	19
Tuna OR Sunbutter & Jelly Sandwich	Tacos	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Noodle Soup w/ Winter Squash & Bread	Ham and Cheese Sandwich	Turkey OR Sunbutter & Jelly Sandwich	South West Salad with Chicken	Parent Teacher Conferences		
22	23	24	25	26	22	23	24	25	26
Tuna OR Sunbutter & Jelly Sandwich	Meatball Subs	Egg Salad OR Sunbutter & Jelly Sandwiches	Yogurt Parfait w/ Granola and Fruit	Cucumber Cheddar Wraps	Turkey OR Sunbutter & Jelly Sandwich	Shepards Pie	Wally's Bagel OR Sunbutter & Jelly Sandwich	Burgers & Tots	
29	30	31	1	2	29	30	31	1	2
Tuna OR Sunbutter & Jelly Sandwich	Korean Beef w/ Rice	Egg Salad OR Sunbutter & Jelly Sandwiches	Spaghetti with Meatballs	Pesto Pasta	Turkey OR Sunbutter & Jelly Sandwich	Chicken Caesar Salad	Wally's Bagel OR Sunbutter & Jelly Sandwich	Breakfast Calzone	
Daily Hot Lunch Alternatives		Lunch Prices		Breakfast Price	<b>You may apply for Free and Reduced Lunches at any point all year</b> This institution is an equal opportunity provider.				
Everyday: Sunbutter & Jelly Sandwich (SB&J)		Full Price: \$2.90		Full Price: \$1.7					
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							

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