

k-4 May 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	
3	4	5	6	7	
Egg & Cheese Wrap	Folsom Muffin	Yogurt and Folsom Granola	Wally's Bagel	Egg & Cheese Wrap	
10	11	12	13	14	
Folsom Muffin	Sausage Egg and Cheese on an English Muffin	Yogurt and Folsom Granola	Sausage Egg and Cheese on an English Muffin	Wally's Bagel	
17	18	19	20	21	
Bacon, Egg & Cheese Wrap	Folsom Muffin	Yogurt and Folsom Granola	Wally's Bagel	Bacon, Egg & Cheese Wrap	
24	25	26	27	28	
Folsom Muffin	Egg & Cheese Wrap	Yogurt and Folsom Granola	Egg & Cheese Wrap	Wally's Bagel	
31	1	2	3	4	
Memorial Day	Folsom 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	<i>You may apply for Free and Reduced Breakfast at any point all year</i>
Cheddar Popcorn		Adult: \$3.00	
Annie's Bunny Grahams		Milk: \$0.50	
Pretzels		Cecile Gove Folsom Nutrition Program Assistant	
Fruit		Ariana Middlemiss Folsom Nutrition Program Manager	
Mozzarella String Cheese		amiddlemiss@gisu.org (802)372-6600 ex: 1115	
Please write the snack items your child would like daily:			

This institution is an equal opportunity provider.

K-4 May 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	
3	4	5	6	7	
Tuna OR Sunbutter & Jelly Sandwich	Shepards Pie	Egg Salad OR Sunbutter & Jelly Sandwiches	Chefs Salad	Cucumber Cheddar Wrap	Turkey OR Sunbutter & Jelly Sandwich
				Turkey Stir Fry	Wally's Bagel OR Sunbutter & Jelly Sandwich
					Butternut Squash Soup with Rolls
10	11	12	13	14	
Tuna OR Sunbutter & Jelly Sandwich	Taco Day!	Egg Salad OR Sunbutter & Jelly Sandwiches	Chicken Fajitas	Ham and Cheese Wrap	Turkey OR Sunbutter & Jelly Sandwich
					Cheese and Pepperoni Pizza
					Wally's Bagel OR Sunbutter & Jelly Sandwich
					Burgers & Tots
17	18	19	20	21	
Tuna OR Sunbutter & Jelly Sandwich	Bacon Chicken Ranch Bake	Egg Salad OR Sunbutter & Jelly Sandwiches	Tuna Noodle Casserole	Pasta Salad	Turkey OR Sunbutter & Jelly Sandwich
					Sloppy Joes
					Wally's Bagel OR Sunbutter & Jelly Sandwich
					Pigs in a Blanket
24	25	26	27	28	
Tuna OR Sunbutter & Jelly Sandwich	Chicken Stir-fry	Egg Salad OR Sunbutter & Jelly Sandwiches	Hot Turkey Sandwiches	BLT Wrap	Turkey OR Sunbutter & Jelly Sandwich
					Beef Stew
					Wally's Bagel OR Sunbutter & Jelly Sandwich
					Chicken Caesar Salad
31	1	2	3	4	
Memorial Day		Egg Salad OR Sunbutter & Jelly Sandwiches	Tuna Noodle Casserole	Ham and Cheese Wrap	Turkey OR Sunbutter & Jelly Sandwich
					Apple Island Chicken
					Wally's Bagel OR Sunbutter & Jelly Sandwich
					Duffy's Special

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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