



Folsom Education and Community Center October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
BUFFALO CHICKEN WRAPS	TACO TUESDAY	CAPRESE PASTA SALAD	CHICKEN NOODLE SOUP	BURGERS & TOTS
4	5	6	7	8
LASAGNA	CORN CHOWDER	BUFFALO CHICKEN WRAPS	CHICKEN ALFREDO	Inservice
11	12	13	14	15
Indigenous People Day	CREAMY CHICKEN RICE SOUP	SHEPARDS PIE	CHEESE & PEPPERONI PIZZA	SCALLOPED POTATOES AND HAM
18	19	20	21	22
SPINACH CHICKPEA RICE PILAF	MEATBALL SUBS W/KALE CHIPS	ITALIAN CHICKPEA PASTA	CHICKEN SALAD WRAPS	MAC & CHEESE
25	26	27	28	29
HERB ROASTED POTATOES AND PORK CHOPS	VEGGIE RICE STIR FRY	SPAGHETTI W/ MEAT SAUCE	MAPLE FRENCH TOAST BAKE	GOULASH
1	2	3	4	5
POT ROAST	TACO TUESDAY	TURKEY CHILI	TUNA NOODLE CASSEROLE	BURGERS & TOTS
Daily Hot Lunch Alternatives		Lunch Prices	Breakfast Prices	You may apply for Free and Reduced Lunches all year
Everyday: Sunbutter & Jelly Sandwich		Full Price: \$3.00	Full Price: \$1.85	
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		Ariana Middlemiss Folsom Nutrition Program Manager		
Thursday: Turkey Sandwich		Cecile Gove Folsom Nutrition Professional		
Friday: Wally's Bagel w/cream cheese or sunbutter				
This institution is an equal opportunity provider.				