

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
Folsom Blueberry Muffin	Wally's Bagel	Yogurt and Folsom Granola	Folsom Muffin	Wally's Bagel
10	11	12	13	14
Wally's Bagel	Folsom Muffin	Yogurt and Folsom Granola	Wally's Bagel	Folsom Muffin
17	18	19	20	21
Folsom Muffin	Wally's Bagel	Yogurt and Folsom Granola	Folsom Muffin	Wally's Bagel
24	25	26	27	28
Wally's Bagel	Folsom Muffin	Yogurt and Folsom Granola	Wally's Bagel	Folsom Muffin
31	1	2	3	4
Memorial Day	Wally's Bagel	Yogurt and Folsom Granola	Folsom Muffin	Wally's Bagel

Daily Snack Options

Snack: \$1.00/Item Fruit: \$0.75
Cheddar Popcorn
Annie's Bunny Grahams
Pretzels
Fruit
Mozzarella String Cheese
Please write the snack items your child would like daily:

Breakfast Prices

Full Price: \$1.75
Adult: \$3.00
Milk: \$0.50
Cecile Gove Folsom Nutrition Program Assistant
Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org (802)372-6600 ex:1115

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

This institution is an equal opportunity provider.

May 2021 Lunch

Winter Squash is the 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	Egg Salad OR Sunbutter & Jelly Sandwiches	Cucumber Cheddar Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
10	11	12	13	14
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	Ham and Cheese Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
17	18	19	20	21
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	Pasta Salad	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
24	25	26	27	28
Tuna OR Sunbutter & Jelly Sandwich	Egg Salad OR Sunbutter & Jelly Sandwiches	BLT Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich
31	1	2	3	4
Memorial Day	Egg Salad OR Sunbutter & Jelly Sandwiches	Ham and Cheese Wrap	Turkey OR Sunbutter & Jelly Sandwich	Wally's Bagel OR Sunbutter & Jelly Sandwich

Daily Hot Lunch Alternatives

Everyday: Sunbutter & Jelly Sandwich (\$B&J)
Monday: Tuna Fish Sandwich
Tuesday: Egg Salad Sandwich
Wednesday: Ham and Cheese Sandwich
Thursday: Turkey Sandwich
Friday: Wally's Bagel w/cream cheese or sunbutter

Lunch Prices

Full Price: \$2.90
Adult: \$4.10
Milk: \$0.50
Cecile Gove Folsom Nutrition Program Assistant
Ariana Middlemiss Folsom Nutrition Program Manager amiddlemiss@gisu.org (802)372-6600 ex:1115

Breakfast Prices

Full Price: \$1.75
Adult: \$3.00
Milk: \$0.50

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