

Welcome back to



Folsom Education and Community Center August 2022 Lunch Menu

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Daily Hot Lunch Alternatives	<div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p>Everyday: Sunbutter & Jelly Sandwich or Bagel</p> <p>Monday: Tuna Fish Sandwich</p> <p>Tuesday: Egg Salad Sandwich</p> <p>Wednesday: Ham and Cheese Sandwich</p> <p>Thursday: Turkey Sandwich</p> <p>Friday: Wally's Bagel w/ the option of cream</p> </div> <div style="width: 45%;"> <p style="text-align: center;">Lunch Prices</p> <p>Full Price: 0.00</p> <p>Adult: \$5.00</p> <p>Milk: \$0.50</p> <p>Julia Moquin Nutrition Program Manager</p> <p>Cecile Gove Nutrition Professional</p> </div> <div style="width: 45%;"> <p style="text-align: center;">Breakfast Prices</p> <p>Full Price: \$0.00</p> <p>Adult: \$3.50</p> <p>Milk: \$0.50</p> </div> </div>				
		Spaghetti w/ Meatballs	Mac & Trees	Chicken, Vegetable Stir Fry	
<p>You may apply for Free and Reduced Lunches all year</p>					
<p>This institution is an equal opportunity provider.</p>					

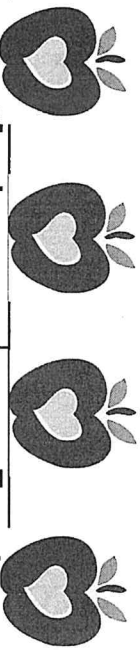
All Breakfasts come with fruit, yogurt, cheese sticks, and milk

All Lunches come with fruit, veggies and milk

If your child would like an extra milk or just a milk that will be a cost of .50 cents.

If your child would like a snack that is a cost of \$1.00 per snack item

We would like to have a note from the parent or guardian allowing the child to get a snack



Folsom Education and Community Center September 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Labor Day	Pesto Pasta	Chicken Fajitas	Tuna & Noodles	Cheese Pizza & Pepperoni Pizza
12	13	14	15	16
Turkey Sweet Potato Bake	African Kati-Kati Chicken w/ Spinach and Tomatoes	Philly Cheese Steak Sloppy Joes	Southwest Salad	Pot Roast
19	20	21	22	23
Apple Island Chicken	Taco Tuesday	Beef Stroganoff	Ravioli	Hamburgers & Sweet Potato Tots
26	27	28	29	30
Turkey Stifry	Chicken Alfredo	Meat Loaf w/ Mashed Potatoes	Pork "Fried" Rice	Mexican Lasagna
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Julia Moquin Nutrition Program Manager		Cecile Gove Nutrition Professional		
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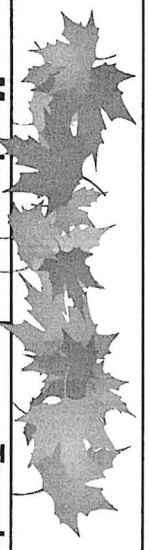
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**Folsom Education and Community Center
October/ Nov 2022 Lunch Menu**

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Vegetable Lo Mein	4	Turkey Chili w/ Cornbread	5	Chef Salad	6	In Service Day	7	No School
10	Ranch Chicken & Bacon Bake	11	Greek Quinoa Bowls	12	Italian Sausage Chickpea Pasta	13	Salsa Fresca Chicken	14	Cheesy Noodles w/Beef
17	Apple Island Chicken	18	Taco Tuesday	19	Ham Dinner	20	BBQ Chicken w/Coleslaw	21	Cheese Pizza, Pepperoni Pizza & Veggie Pizza.
24	Turkey A La King	25	Chicken Fajitas	26	Sloppy Joes	27	Chicken Alfredo	28	Korean Ground Beef and Rice
31	Goulash	1	Chicken Divan	2	Pigs in a Blanket	3	Vegetable Stir Fry	4	Mac & Cheese
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