

High School Lunch Menu



WELCOME BACK TO SCHOOL!

Lunch Pricing

Full Price: \$3.00
 Reduced Price: \$0.40
 Milk Only: \$0.50
 Staff Lunch: \$4.25

ALTERNATE LUNCHES AVAILABLE DAILY

All meals include
 2 oz. Meat / Meat Alternate
 2 oz. Whole Grains
 8 oz. Milk
 1 c. Fruit
 1 c. Vegetables

STUDENT NUTRITION PROGRAM



GROTON PUBLIC SCHOOLS

Mon	Tue	Wed	Thu	Fri
Free & Reduced-Price Meals The Application for Free & Reduced-Price Meals is available online at GrotonSchools.org on the Food Services page and covers both breakfast and lunch offerings.			August 29 Pizza Day! Romaine Caesar Salad Fresh Mac Apple	August 30 Chicken Tenders Breadstick Mashed Potatoes Corn on the Cob Assorted Fruit Cups
2 No School Today! Happy Labor Day	3 Spaghetti with Meatballs in Marinara Garlic Bread Garden Salad Fresh Mac Apple	4 Beefy & Cheesy Nachos Brown Rice Salsa Cups Freshly Cut Strawberries	5 Pizza Day! Spinach Salad with Chickpeas Fresh Bartlett Pear	6 Falcon Cheeseburger Pasta Dinner Roll Roasted Broccoli Watermelon Wedges
9 General Tso's Chicken Fried Rice Dinner Roll Steamed Green Beans Diced Pears	10 Mozzarella Sticks Marinara Dipping Sauce Breadstick Fresh Mac Apple	11 Cheeseburger on a Whole Wheat Bun Waffle Fries Baked Beans Fresh Florida Orange	12 Pizza Day! Garden Salad Peel & Eat Banana	13 Sweet-Onion Chicken Teriyaki Wraps Mixed Roasted Squash Fresh Nectarine
16 Chicken, Bacon & Ranch Sandwich on a Roll Sweet Potato Fries Fresh Plum	17 Half Day Today No Lunch Served	18 Beefy & Cheesy Nachos Brown Rice Salsa Cup Freshly Cut Strawberries	19 Pizza Day! Kale Caesar Salad Red Seedless Grapes	20 Chicken & Cheese Quesadillas Brown Rice & Black Beans Salsa Cups Applesauce
23 Teriyaki Chicken Dippers Fried Rice Dinner Roll Baked Sweet Peas Fresh Peach	24 Mozzarella Sticks Marinara Dipping Sauce Corn Muffin Garden Salad Fresh Apple	25 Cheeseburger Grinder with Lettuce & Tomato Bag of Doritos Four-Bean Salad Apple Slices	26 Pizza Day! Strawberry Spinach Salad Fresh Florida Orange	27 Creamy Chicken Alfredo Garlic Bread Mixed Roasted Squash Fresh Peach

8 oz. low fat or fat-free milk and our **NEW Rainbow Vegetable Tray** offered daily with all lunches.

Please note: Menu is subject to change.