

# Middle School Lunch Menu

## Locally grown foods this month include

Corn on the Cob  
Kale  
Carrots

### Lunch Pricing

Full Price: \$2.80  
Reduced Price: \$0.40  
Milk Only: \$0.50  
Staff Lunch: \$4.25

### ALTERNATE LUNCHES AVAILABLE DAILY

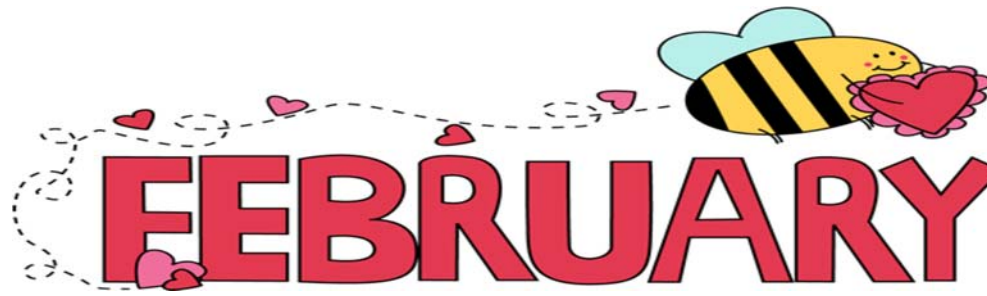
Contact your school's kitchen manager for daily options.

All meals include  
2 oz. Meat / Meat Alternate  
2 oz. Whole Grains  
8 oz. Milk  
1/2 c. Fruit  
3/4 c. Vegetables

**STUDENT  
NUTRITION  
PROGRAM**



GROTON PUBLIC SCHOOLS



View account balances at

[MyPaymentsPlus.com](http://MyPaymentsPlus.com)

Children qualifying for free or reduced-price lunch also qualify for free or reduced-price breakfast.

Begin the day with a healthy meal!

Mon	Tue	Wed	Thu	Fri
<p>3 Mandarin Orange Chicken over Brown Rice Breadstick Stir Fry Veggies Fresh Florida Orange</p>	<p>4 Mini Breaded Raviolis with Marinara Garlic Bread Sesame Roasted Green Beans Sliced Peaches</p>	<p>5 Cheeseburger on a Wheat Roll Sweet Potato Tots Fresh Mac Apple</p>	<p>6 Turkey &amp; Cheese Grinder Confetti Coleslaw Nacho Cheese Doritos Assorted Fruit Cup</p>	<p>7 Pizza Day! Cheese or Chef's Choice Strawberry Spinach Salad 100% Juice Italian Ice</p>
<p>10 Crispy Chicken Tenders with Assorted Dipping Sauces Garlic Knot Seasoned Corn Mandarin Oranges</p>	<p>11 Elbow Pasta with Meat Sauce Wheat Breadstick Romaine Caesar Salad Diced Pears</p>	<p>12 BBQ Beef Rib Sandwich on a Wheat Roll Baked Beans Pineapple Chunks</p>	<p>13 French Toast Sticks Chicken Sausage Patty Hash Brown Patty Fresh Florida Orange</p>	<p>14 Pizza Day! Cheese or Chef's Choice Spinach Salad with Kidney Beans 100% Juice Italian Ice</p>
<p>17 <b>No School Today</b>  <b>Presidents' Day</b></p>	<p>18 <b>No School Today</b>  <b>Winter Break</b></p>	<p>19 Grilled Three-Cheese Sandwich Vegetarian Chili Applesauce Cup</p>	<p>20 Turkey &amp; Cheese Grinder Confetti Coleslaw Cool Ranch Doritos Assorted Fruit Cup</p>	<p>21 Pizza Day! Cheese or Chef's Choice Kale Caesar Salad 100% Juice Italian Ice</p>
<p>24 Crispy Chicken Croissant Sandwich Waffle Fries Fresh Mac Apple</p>	<p>25 Cheese Bites with Marinara Sauce Garlic Knot Roasted Broccoli Fresh Seedless Grapes</p>	<p>26 Beef &amp; Cheese Nachos Brown Rice with Black Beans Salsa Cup Applesauce Cup</p>	<p>27 Roast Turkey &amp; Gravy over Mashed Potatoes Corn on the Cob Wheat Dinner Roll Cranberry Sauce Assorted Fruit Cup</p>	<p>28 Pizza Day! Cheese or Chef's Choice Garden Salad with Chickpeas Fresh Florida Orange</p>

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

\*\*Please note: Menu is subject to change.\*\*