

# Middle School Lunch Menu

## 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



March 2-6 is National School Breakfast Week!

Check out our breakfast menu and tell your friends to join you for a healthy breakfast!

**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
2 Crispy Chicken Sandwich on a Wheat Roll Tater Tots Confetti Coleslaw Mandarin Oranges	3 Cheese Bites with Marinara Dipping Sauce Garlic Knot Roasted Broccoli Diced Peaches	4 Cheeseburger on a Whole Wheat Roll Baked Beans Sweet Potato Fries Fresh Bartlett Pear	5 Turkey Ham & Cheese Grinder Vegetarian Chili Cape Cod Chips Fresh Green Apple	6 Pizza Day! Cheese or Chef's Choice Garden Salad Fresh Banana
9 Crispy Chicken Tenders Potato Wedges Broccoli with Cheese Sauce Mandarin Oranges	10 Philly Cheesesteak Grinder with Peppers & Onions Roasted Green Beans Pineapple Cup	11 Beef & Cheese Nachos Lettuce and Tomato Spanish Rice & Black Beans Salsa Cup Assorted Fruit Cup	12 Pizza Day! Cheese or Chef's Choice Spinach Salad 100% Juice Italian Ice	13 <b>No School Today!</b>  Professional Development Day
16 General Tso's Chicken over Fried Rice Stir Fry Vegetables Garlic Breadstick Applesauce	17 Shamrock-Shaped Chicken Nuggets Wheat Roll Tater Tots Fresh Strawberries	18 Spaghetti with Meat Sauce Garlic Bread Kale Caesar Salad Strawberry Shortcake	19 BBQ Smoked Turkey Sandwich on a Wheat Roll Seasoned Yellow Corn Red Delicious Apple	20 Pizza Day! Cheese or Chef's Choice Garden Salad Florida Orange Wedges
23 Chicken & Waffles with Warm Syrup Cinnamon Baked Carrots Strawberry Applesauce	24 Cheese Bites with Marinara Dipping Sauce Garlic Bread Roasted Green Beans Fresh Banana	25 BBQ Beef Rib Sandwich on a Wheat Roll Confetti Coleslaw Baked Beans Green Seedless Grapes	26 Meatball Grinder Cherry Tomato & Corn Salad Cool Ranch Doritos Bagged Apples	27 Pizza Day! Cheese or Chef's Choice Romaine Caesar Salad 100% Juice Italian Ice
30 Mandarin Orange Chicken over Fried Rice Whole Wheat Breadstick Steamed Broccoli Orange Wedges	31 Grilled Turkey Ham & Cheese Sandwich Vegetarian Chili Broccoli Cranberry Slaw Watermelon Applesauce	8 oz. low fat or fat-free milk and our <b>Rainbow Vegetable Tray</b> offered daily with all lunches.		

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