

High School Lunch Menu

Lunch Pricing

Full Price: \$3.00
 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 c. Fruit
 1 c. Vegetables



March 2-6 is National School Breakfast Week!

Check out Fitch's 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

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 Teriyaki Chicken over Fried Brown Rice Stir Fry Vegetables Wheat Dinner Roll	3 Beefy Mac & Cheese with Garlic Bread Kale Caesar Salad Garlicky Green Beans	4 BBQ Beef Riblet on a Soft Kaiser Roll Roasted Red Potatoes Broccoli with Cheese Sauce	5 Pizza Day! Cheese or Chef's Choice Garden Salad with Garbanzo Beans	6 Turkey Club Grinder on a Toasted Wheat Roll Potato Wedges Marinated Beet Salad
9 General Tso's Chicken over Seasoned Brown Rice Garlic Breadstick Stir Fry Vegetables	10 Cheeseburger on a Whole Wheat Roll Onion Rings Steamed Yellow Corn	11 Beef & Cheese Nachos Lettuce and Tomato Spanish Rice & Black Beans Berry Shortcake	12 Pizza Day! Cheese or Chef's Choice Mesclun Mixed Greens Salad	13 No School Today! Professional Development Day
16 Chicken Caesar Wrap with Parmesan and Whole Grain Croutons Broccoli Cranberry Slaw	17 Cheese Bites with Marinara Dipping Sauce Garlic Knot Romaine Mixed Salad	18 Philly Cheesesteak Sandwich on a Hoagie Roll with Peppers & Onions Roasted Green Beans	19 Pizza Day! Cheese or Chef's Choice Strawberry Spinach Salad	20 Grilled Cheese with BBQ Pulled Turkey Confetti Coleslaw Cape Cod Chips
23 Chicken & Waffles with Warm Syrup Cinnamon Baked Carrots	24 Spaghetti & Meat Sauce Garlic Bread Garden Salad	25 Cheeseburger Grinder on a Whole Wheat Roll Three-Bean Salad Doritos	26 Pizza Day! Cheese or Chef's Choice Kale Caesar Salad	27 Roast Turkey & Gravy with Mashed Potatoes Cranberry Sauce Corn on the Cob Wheat Dinner Roll
30 Chicken, Bacon & Ranch Sandwich on a Whole Wheat Roll Parmesan Baked Peas	31 Italian Combo Platter Mini Breaded Ravioli with Mozzarella Sticks Marinara Dipping Sauce Leafy Green Salad	<p>Check out our PIESTA menu March 9th - March 12th! Monday—Bean & Cheese Pupusa Tuesday—Build-Your-Own Burrito Bowl Wednesday—Cheese Tamales Thursday—Carnitas Burrito</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.