

FREE BREAKFAST! & FREE LUNCH!

As part of the USDA COVID-19 Response Act, all students at Groton Public Schools can have **FREE breakfasts and lunches*** while in the school as well as school-at-home days.

HOW TO ORDER FREE TAKE-HOME MEALS

To parents of children attending **Groton Middle** or **Fitch High**: We ask that you complete a request form each month in order for your child to take home meals.

Sign up on the Food Services page at GrotonSchools.org



Check out the take-home menus at GrotonSchools.org/parent-and-students/foodservices

Free meals are also available for **Distance Learners** and must be pre-ordered on a monthly basis. Menus and order forms are also available on our Food Services page.



**Free meals for all is effective through December 31, 2020.*



High School Lunch Menu

October 2020

Mon	Tue	Wed	Thu	Fri
<p>Please complete the Application for Free and Reduced-Price Meals Today! We are striving to have applications completed by the end of October to ensure that all families receive the benefits for which they are qualified. Additionally, regardless of income, your completed application can help the schools earn grants for such programs as farm field trips and food tastings.</p>			<p>1 Buffalo Chicken Grinder with Cheese & Lettuce An Assortment of Chips, Veggies & Fruit</p>	<p>2 Whole Grain Cheese Pizza Romaine Garden Salad Assorted Fruit</p>
<p>5 Turkey & Cheese on a Croissant with Lettuce An Assortment of Chips, Veggies & Fruit</p>	<p>6 Teriyaki Chicken over Rice Assorted Veggies & Fruit Fresh Baked Cookie</p>	<p>7 Mmm ... hungry? Order take-home meals!</p>	<p>8 Turkey & Cheese on a Croissant with Lettuce An Assortment of Chips, Veggies & Fruit</p>	<p>9 Teriyaki Chicken over Rice Assorted Veggies & Fruit Fresh Baked Cookie</p>
<p>12 No School Columbus Day</p>	<p>13 Whole Grain Cheese Pizza Assorted Veggies & Fruit</p>	<p>14</p>	<p>15 Baked Ham & Cheese Wrap with Lettuce Tortilla Chips & Salsa Assorted Veggies & Fruit</p>	<p>16 Whole Grain Cheese Pizza Assorted Veggies & Fruit</p>
<p>19 Chicken Ranch Wrap with Cheese An Assortment of Chips, Veggies & Fruit</p>	<p>20 Cheeseburger Honey-Dijon Pasta Salad Assorted Veggies & Fruit</p>	<p>21</p>	<p>22 Chicken Ranch Wrap with Cheese An Assortment of Chips, Veggies & Fruit</p>	<p>23 Cheeseburger Honey-Dijon Pasta Salad Assorted Veggies & Fruit</p>
<p>26 Pepperoni & Cheese on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>27 Whole Grain Cheese Pizza Assorted Veggies & Fruit Fresh Baked Cookie</p>	<p>28</p>	<p>29 Pepperoni & Cheese on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>30 Whole Grain Cheese Pizza Assorted Veggies & Fruit Fresh Baked Cookie</p>

All lunches include:

2 oz. meat / meat alternate, 2 oz. whole grains. 1 c. fruit, 1 c. vegetables
8 oz. low-fat or fat-free milk

Menu is subject to change.