

# 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.

**Take-home meals kits** are provided to all elementary school Hybrid plan students on Tuesdays (Cohort A) and Fridays (Cohort B) which contain nutritious meals for their school-at-home days. Please see the **Hybrid Meals Menu** for this month's selections!

If you do not want your child to have free meals at school or to take home, please contact your school's kitchen manager.

If you have a child 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. The form can be found on the Food Services page at [GrotonSchools.org](http://GrotonSchools.org).

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.*



## Elementary School Breakfast Menu

# October 2020

Mon	Tue	Wed	Thu	Fri
<p>Please complete the <a href="#">Application for Free and Reduced-Price Meals Today!</a>                      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 Assorted Whole Grain Cereal String Cheese Applesauce</p>	<p>2 Banana Bread Nonfat Yogurt Sliced Apples</p>
<p>5 Assorted Donuts Fresh Orange</p>	<p>6 Egg and Cheese on a Croissant Banana</p>	<p>7</p>	<p>8 Whole Grain Cereal String Cheese Banana</p>	<p>9 Assorted Donuts Fresh Orange</p>
<p>12 <b>No School Columbus Day</b></p>	<p>13 Fresh Cinnamon Muffin String Cheese Fresh Apple</p>	<p>14</p>	<p>15 Egg and Cheese on a Croissant Fresh Strawberries</p>	<p>16 Pumpkin Bread Diced Peaches</p>
<p>19 Assorted Whole Grain Cereal Nonfat Yogurt Raisins</p>	<p>20 French Toast Sticks Fruit Cup</p>	<p>21</p>	<p>22 Assorted Whole Grain Cereal Nonfat Yogurt Diced Pears</p>	<p>23 French Toast Sticks Strawberry Applesauce</p>
<p>26 Assorted Whole Grain Cereal Nonfat Yogurt Applesauce</p>	<p>27 Blueberry Waffle Fresh Orange</p>	<p>28</p>	<p>29 Blueberry Waffle Sliced Apples</p>	<p>30 Assorted Whole Grain Cereal Nonfat Yogurt Fresh Orange</p>

8 oz. low-fat or fat-free milk and 100% fruit juice are offered every day with breakfast.

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