

# 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 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](http://GrotonSchools.org)



Check out the take-home menus at [GrotonSchools.org/parent-and-students/foodservices](http://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.*



## Middle 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 Assorted Fruit</p>	<p>2 Banana Bread Nonfat Yogurt Sliced Apples</p>
<p>5 Assorted Donuts Nonfat Yogurt Assorted Fruit</p>	<p>6 Bagel with Cream Cheese Applesauce</p>	<p>7 <b>Mmm ... hungry? Order take-home meals!</b></p>	<p>8 Assorted Donuts Nonfat Yogurt Assorted Fruit</p>	<p>9 Bagel with Cream Cheese Applesauce</p>
<p>12 <b>No School Columbus Day</b></p>	<p>13 Fresh Cinnamon Muffin Assorted Fruit</p>	<p>14</p>	<p>15 Egg &amp; Cheese on a Croissant Assorted Fruit</p>	<p>16 Fresh Cinnamon Muffin Assorted Fruit</p>
<p>19 Assorted Whole Grain Cereal Nonfat Yogurt Assorted Fruit</p>	<p>20 Egg &amp; Cheese on a Croissant Assorted Fruit</p>	<p>21</p>	<p>22 Assorted Whole Grain Cereal Nonfat Yogurt Assorted Fruit</p>	<p>23 Bagel with Cream Cheese Applesauce</p>
<p>26 Banana Bread String Cheese Assorted Fruit</p>	<p>27 Egg, Ham &amp; Cheese on a Croissant Assorted Fruit</p>	<p>28</p>	<p>29 Banana Bread String Cheese Assorted Fruit</p>	<p>30 Egg, Ham &amp; Cheese on a Croissant Assorted Fruit</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.\*\*