

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.

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 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 Pepperoni & Cheese Grinder with Lettuce An Assortment of Chips, Veggies & Fruit</p>	<p>2 Whole Grain Cheese Pizza Romaine Garden Salad Assorted Fruit</p>
<p>5 Baked Ham & Cheese on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>6 Whole Grain Cheese Pizza Romaine Garden Salad Italian Ice</p>	<p>7</p>	<p>8 Baked Ham & Cheese on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>9 Whole Grain Cheese Pizza Romaine Garden Salad Italian Ice</p>
<p>12 No School Columbus Day</p>	<p>13 Chicken Nuggets Dipping Sauce Smiley Fries Assorted Veggies & Fruit</p>	<p>14</p>	<p>15 Turkey & Cheddar on a Croissant An Assortment of Chips, Veggies & Fruit</p>	<p>16 Chicken Nuggets Dipping Sauce Smiley Fries Assorted Veggies & Fruit</p>
<p>19 Beef Bologna on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>20 Whole Grain Cheese Pizza Romaine Caesar Salad Assorted Fruit</p>	<p>21</p>	<p>22 Beef Bologna on a Roll An Assortment of Chips, Veggies & Fruit</p>	<p>23 Whole Grain Cheese Pizza Romaine Caesar Salad Assorted Fruit</p>
<p>26 Chicken Ranch Wrap with Cheese An Assortment of Chips, Veggies & Fruit</p>	<p>27 Cheeseburger on a Roll Tater Tots Assorted Veggies & Fruit</p>	<p>28</p>	<p>29 Chicken Ranch Wrap with Cheese An Assortment of Chips, Veggies & Fruit</p>	<p>30 Cheeseburger on a Roll Tater Tots Assorted Veggies & Fruit</p>

Bento Box Lunches!
Available Daily
Check with your kitchen for selection.

All meals, including bento boxes, provide:

2 oz. meat / meat alternate, 2 oz. whole grains
1/2 c. fruit, 3/4 c. vegetables, 8 oz. low-fat or fat-free milk

Menu is subject to change.