



# Hybrid-Plan FREE Take-Home Meal Kits

Free take-home meal kits are available to all hybrid-learning Groton students for their school-at-home days.

They're working hard, and we are ready to give them the fuel they need!

## HOW TO GET TAKE-HOME MEALS FOR YOUR CHILD

### ELEMENTARY SCHOOLS

Children at elementary schools are automatically provided with these breakfast and lunch kits, so there is no need to complete a form. If you do not wish to have meals sent home for your child, please contact your school's kitchen manager.

### FITCH HIGH SCHOOL

### GROTON MIDDLE SCHOOL

If you haven't already done so, please register your FHS or GMS children to receive meals—and let them know you're doing this. **NEW! Once your children are registered, they will remain on the list to receive meals unless you contact us to opt out.** The order form will remain open and children will be added to the list on a rolling basis. We recommend that you complete the form no later than 8:30 a.m. on the child's first day of in-school classes (Mon/Cohort A or Thu/Cohort B) to give us time to order product and to prepare and package meals.

### FHS & GMS WHERE TO SIGN UP

Visit the **Food Services** page and look for the Cohort A or Cohort B tile and click on the link. It's easy and only takes a minute.



Look for food safety, storage, and reheating guidelines on the **Food Services** page.



Connect with us on Facebook for updates and more information @groton.student.nutrition



[grotonschools.org/parent-and-students/foodservices](https://grotonschools.org/parent-and-students/foodservices)

## WHAT'S IN THE BAG?

All take-home meal kits meet Connecticut Healthy Food Certification standards containing breakfast and lunch entrees and assorted side dishes, featuring healthy whole grains and quality proteins. A variety of fruits and vegetables, juices and milk are also provided.

Menus each week are determined not only by the layout and staffing of the individual school kitchens but also by the availability of products from our vendors, who also face challenges due to the pandemic.

Below are some of the selections that you might find in your child's take-home bag. Contents vary by location and availability.

### BREAKFASTS

Cereal  
String Cheese  
Banana Bread  
Egg Sandwich  
Muffin  
Donut  
Waffle  
Bagel & Cream Cheese

### LUNCHES

Lunchables  
Cheeseburger  
Pizza  
Chicken Nuggets  
WowButter & Jelly Sandwich  
Cheeseburger  
Italian Grinder  
Chicken Sandwich  
*Accompaniments  
Hash Brown, Tater Tots,  
Assorted Chips*

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