

FREE BREAKFAST! & FREE LUNCH! AT SCHOOL & AT HOME

All students may have free breakfast and lunch regardless of income.

Free Take-home Meals Kits are provided to all elementary school hybrid plan students on Tuesdays (Cohort A) and Fridays (Cohort B) containing nutritious meals for their school-at-home days. Please see the **Hybrid Meals Menu** for the rotating selections.

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

If you have a child attending **Groton Middle** or **Fitch High**, we ask that you complete a request form for your child to take home meals. The form can be found on the Food Services page at our website.

ATTENTION: DISTANCE LEARNERS MEAL PICK UPS ON WEDNESDAYS

A full school week's worth of meals for children who are 100% distance learners can be picked up **Wednesdays** from **9am to 10am** at your choice of locations: Groton Public Library, Mary Morrisson School, or in the Branford Manor neighborhood near St. John's Church. Please view our website for details.

grotonschools.org/parent-and-students/foodservices


Q: What if the school building is temporarily closed?

As soon as we learn that a school building is being temporarily closed, we finalize plans to distribute meals to families. Please visit grotonschools.org/parent-and-students/foodservices for updates and follow us on Facebook @groton.student.nutrition

Elementary School Breakfast Menu



Your child's safety is our #1 priority!
We practice all safety measures while preparing healthy meals.

Mon	Tue	Wed	Thu	Fri
2 Assorted Whole Grain Cereal String Cheese Assorted Fruit <small>Take-home meals distributed today</small>	3 No School Professional Development	4	5 Assorted Whole Grain Cereal String Cheese Assorted Fruit	6 Banana Bread Assorted Nonfat Yogurt Apple Slices
9 Mini Donut Dunkers Nonfat Yogurt Applesauce	10 Egg and Cheese on an English Muffin Assorted Fruit	11 Veteran's Day No School	12 Mini Donut Dunkers Nonfat Yogurt Applesauce	13 Egg and Cheese on an English Muffin Assorted Fruit
16 Whole Grain Bagel Cream Cheese Assorted Fruit	17 Fresh Baked Cinnamon Chip Muffin String Cheese Banana	18	19 Whole Grain Bagel Cream Cheese Assorted Fruit	20 Fresh Baked Cinnamon Chip Muffin String Cheese Banana
23 Assorted Whole Grain Cereal Nonfat Yogurt Raisins	24 French Toast Sticks Applesauce	25 Thanksgiving Recess Begins	26 	27 No School Thanksgiving Break
30 Assorted Whole Grain Cereal Nonfat Yogurt Assorted Fruit	❄️ December 1 ❄️ Egg and Cheese on an English Muffin Assorted Fruit	2	3 Assorted Whole Grain Cereal Nonfat Yogurt Assorted Fruit	4 Egg and Cheese on an English Muffin Assorted Fruit

NEW! Healthy Snacks Menu for Classroom Celebrations available on the website!



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

