

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

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

HOW TO ORDER FREE TAKE-HOME MEALS

To parents of children attending Groton Middle or Fitch High: We ask that you complete a request form for your child to take home meals.

Sign up on the Food Services page at GrotonSchools.org



Menu available on our website.

Take-home meals are automatically provided to elementary school children unless the parent opts out.

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.


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

grotonschools.org/parent-and-students/foodservices

MIDDLE SCHOOL LUNCH MENU November



Mon	Tue	Wed	Thu	Fri
2 Grilled Cheese Sandwich Tater Tots Assorted Veggies Assorted Fruit Take-home meals distributed today	3 No School Professional Development	4	5 Grilled Cheese Sandwich Tater Tots Assorted Veggies Assorted Fruit	6 Whole Grain Pizza Local Garden Salad Assorted Fruit
9 Baked Ham and Cheese on a Roll Assorted Chips Assorted Veggies Assorted Fruit	10 Brunch for Lunch! French Toast Sticks Turkey Sausage Assorted Veggies Assorted Fruit	11 Veteran's Day No School	12 Baked Ham and Cheese on a Roll Assorted Chips Assorted Veggies Assorted Fruit	13 Brunch for Lunch! French Toast Sticks Turkey Sausage Assorted Veggies Assorted Fruit
16 General Tso's Chicken Fried Rice Mixed Stir Fry Veggies Assorted Fruit Fortune Cookie	17 Chicken Nuggets with Dipping Sauce Smiley Fries Dinner Roll Assorted Veggies Assorted Fruit	18	19 General Tso's Chicken Fried Rice Mixed Stir Fry Veggies Assorted Fruit Fortune Cookie	20 Chicken Nuggets with Dipping Sauce Smiley Fries Dinner Roll Assorted Veggies Assorted Fruit
23 Turkey and Cheddar on a Croissant Assorted Chips Assorted Veggies Assorted Fruit	24 Whole Grain Pizza Assorted Veggies Assorted Fruit Fresh Baked Cookie	25 Thanksgiving Recess Begins	26 Happy Thanksgiving! 	27 No School Thanksgiving Break
30 Chicken Fajita Wrap Assorted Chips Assorted Veggies Assorted Fruit	* December 1 * Cheeseburger on a Soft Roll Oven Baked French Fries Assorted Veggies Assorted Fruit	2	3 Chicken Fajita Wrap Assorted Chips Assorted Veggies Assorted Fruit	4 Cheeseburger on a Soft Roll Oven Baked French Fries Assorted Veggies Assorted Fruit

Menu is subject to change.

All lunches include:

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

