

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

High 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 French Toast Sticks Hash Brown Assorted Fruit Take-home meals distributed today	3 No School Professional Development	4	5 French Toast Sticks Hash Brown Assorted Fruit	6 Banana Bread Assorted Nonfat Yogurt Apple Slices
9 Mini Donut Dunkers Nonfat Yogurt Applesauce	10 Sausage, Egg and Cheese on a Croissant Assorted Fruit	11 Veteran's Day No School	12 Mini Donut Dunkers Nonfat Yogurt Applesauce	13 Sausage, Egg and Cheese on a Croissant Assorted Fruit
16 Whole Grain Bagel Cream Cheese Assorted Fruit	17 Fresh Baked Cinnamon Chip Muffin Banana	18	19 Whole Grain Bagel Cream Cheese Assorted Fruit	20 Fresh Baked Cinnamon Chip Muffin Banana
23 Assorted Whole Grain Cereal Nonfat Yogurt Raisins	24 French Toast Sticks Hash Brown Applesauce	25 Thanksgiving Recess Begins	26 	27 No School Thanksgiving Break
30 Banana Bread Assorted Nonfat Yogurt Assorted Fruit	* December 1 * Egg & Cheese on an English Muffin Assorted Fruit	2	3 Banana Bread Assorted Nonfat Yogurt Assorted Fruit	4 Egg & Cheese on an English Muffin Assorted Fruit

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.