

**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.

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 our website for updates and follow us on Facebook @groton.student.nutrition

ELEMENTARY SCHOOL LUNCH MENU
November



Mon	Tue	Wed	Thu	Fri
2 Grilled Cheese Sandwich Tater Tots Assorted Veggies Assorted Fruit <small>Take-home meals distributed today</small>	3 No School Professional Development	4	5 Grilled Cheese Sandwich Tater Tots Assorted Veggies Assorted Fruit	6 Whole Grain Pizza Assorted Veggies 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 Turkey and Cheese on a Croissant Assorted Chips Assorted Veggies Assorted Fruit	17 Chicken Nuggets with Dipping Sauce Smiley Fries Dinner Roll Assorted Veggies Assorted Fruit	18	19 Turkey and Cheese on a Croissant Assorted Chips Assorted Veggies Assorted Fruit	20 Chicken Nuggets with Dipping Sauce Smiley Fries Dinner Roll Assorted Veggies Assorted Fruit
23 Beef Bologna on a Soft Roll 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 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

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