

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

## PARENTS:

Do you stress about what to make for your kids for lunch? Are you working from home while also playing the role of teacher, principal, and cook!?! We've got you covered. Let us take meal prep (and shopping) off the to-do list. Schools are now able to provide **free meals to all children**, regardless of household income for the rest of the school year.

## BREAKFASTS & LUNCHES DURING DISTRICT-WIDE REMOTE LEARNING JANUARY 4 THROUGH JANUARY 8

MEALS PICK UP SCHEDULE  
TUESDAY, JANUARY 5 (3 DAYS' MEALS)  
THURSDAY, JANUARY 7 (4 DAYS' MEALS)  
9:00 AM TO 10:30 AM

## DISTRIBUTION SITES

**Groton Public Library**  
52 Newtown Road

**Branford Manor Neighborhood**  
346 Shennecossett Road

**Mary Morrisson School**  
154 Toll Gate Road



For updates throughout January, please visit our website and follow us on Facebook @groton.student.nutrition

grotonschools.org/parent-and-students/foodserves

## Middle School Breakfast Menu



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

2021

Mon	Tue	Wed	Thu	Fri
4	5 <b>FREE MEALS PICK UP TODAY</b> 9:00-10:30 AM Breakfasts & Lunches for 3 days	6 <b>NO</b> Wednesday distribution	7 <b>FREE MEALS PICK UP TODAY</b> 9:00-10:30 AM Breakfasts & Lunches for 4 days	8
11 Fresh Baked Blueberry Muffin Nonfat Yogurt Applesauce	12 Bacon, Egg & Cheese on an English Muffin Fresh Orange	13	14 Fresh Baked Blueberry Muffin Nonfat Yogurt Applesauce	15 Bacon, Egg & Cheese on an English Muffin Fresh Orange
18 Martin Luther King, Jr. Day  No School	19 Fresh Baked Cinnamon Muffin Banana	20	21 Bagel with Cream Cheese Raisins	22 Fresh Baked Cinnamon Muffin Banana
25 Cinnamon Swirl Bun Nonfat Yogurt Fresh Apple	26 Bacon, Egg & Cheese on a Croissant Grapes	27	28 Cinnamon Swirl Bun Nonfat Yogurt Fresh Apple	29 Bacon, Egg & Cheese on a Croissant Grapes

**DISTANCE LEARNERS**

Please visit our website or Facebook page for updates regarding the January pick-up schedule after January 7.

Looking forward to February ... Maple Waffle, Chocolate Chip Muffin, and other favorites on the menu!  
**WHOO! WHOOP!**

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.\*\*

