

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

JANUARY

MIDDLE SCHOOL LUNCH MENU 2021

Mon	Tue	Wed	Thu	Fri
4	5 FREE MEALS PICK UP TODAY 9:00-10:30 AM Breakfasts & Lunches for 3 days	6 NO Wednesday distribution	7 FREE MEALS PICK UP TODAY 9:00-10:30 AM Breakfasts & Lunches for 4 days	8
11 Whole Wheat Pizza Carrot Sticks with Ranch Dipping Sauce Fresh Orange	12 Ham & Cheese on a Roll Assorted Chips Celery Sticks Pineapple Cup	13	14 Whole Wheat Pizza Carrot Sticks with Ranch Dipping Sauce Fresh Orange	15 Ham & Cheese on a Roll Assorted Chips Celery Sticks Pineapple Cup
18 Martin Luther King, Jr. Day No School	19 Chicken Nuggets Smiley Fries Steamed Broccoli Fresh Apple	20	21 Chicken Nuggets Smiley Fries Steamed Broccoli Fresh Apple	22 Grilled Cheese Sandwich Tater Tots Corn Grapes
25 Cheeseburger on a Roll Potato Wedges Steamed Carrots Banana	26 Whole Wheat Pizza Caesar Salad Applesauce	27	28 Cheeseburger on a Roll Potato Wedges Steamed Carrots Banana	29 Whole Wheat Pizza Caesar Salad Applesauce

DISTANCE LEARNERS

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

Looking forward to February ... Hot Dogs, Sweet Potatoe Fries, Turkey & Cheese Wraps, and other favorites on the menu!

WHOO! WHOOP!

Menu is subject to change.

All lunches include:

2 oz. meat / meat alternate, 2 oz. whole grains. 1 c. fruit, 1 c. vegetables
8 oz. low-fat or fat-free milk

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

grotonschoools.org/parent-and-students/foods-services