

MIDDLE SCHOOL LUNCH

Lunch Pricing

Milk Only: \$0.50
Staff Lunch: \$4.50

SANDWICH OR SALAD SERVED DAILY AS AN ALTERNATE LUNCH

2 oz. Meat / Meat Alternate
2 oz. Whole Grains
8 oz. Milk
1/2 c. Fruit
3/4 c. Vegetables
Offered with every lunch

OUR FANTASTIC FRUIT TRAY AND RAINBOW VEGGIE TRAY AVAILABLE EVERY DAY WITH LUNCH

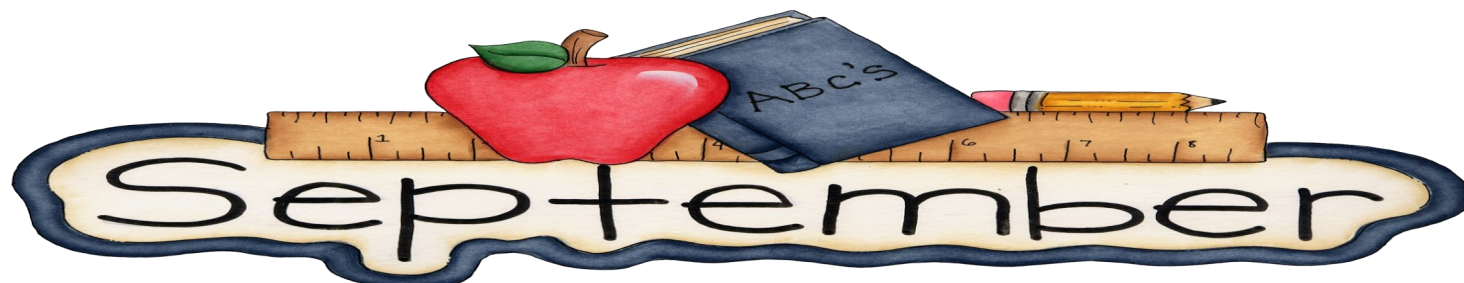
PLEASE NOTE MENU IS SUBJECT TO CHANGE

GLUTEN FREE AND VEGETARIAN MEALS AVAILABLE DAILY

STUDENT NUTRITION PROGRAM



GROTON PUBLIC SCHOOLS



Mon	Tue	Wed	Thu	Fri
		8/30 POPCORN CHICKEN OVEN BAKED BISQUIT SWEET POTATO FRIES BANANA	8/31 MIKES CHEESE BITES MARINARA SAUCE ROASTED GREEN BEANS APPLESAUCE	9/1 WG PIZZA ROMAINE CAESAR SALAD FRESH ORANGE
9/4 NO SCHOOL MEMORIAL DAY	9/5 CHICKEN NUGGETS TATER TOT POTATO DINNER ROLL ROASTED CHIC PEAS FRUIT COCKTAIL	9/6 PASTA WITH MEATBALLS TEXAS TOAST ROASTED BROCCOLI APPLE SLICES	9/7 BRUNCH FOR LUNCH FRENCH TOAST STICKS TURKEY SAUSAGE HASH BROWN ROUNDS ROASTED CARROTS	9/8 WG PIZZA FRESH SPINACH SALAD WITH ITALIAN DRESSING FROZEN TREAT
9/11 CHEDDAR GRILLED CHEESE SWEET POTATO FRIES APPLESAUCE	9/12 POPCORN CHICKEN SEASONED RICE ROASTED CHIC PEAS DICED PEACHES	9/13 CHEESEBURGER ON A WHEAT ROLL SEASONED CORN OVEN BAKED FRIES FRESH ORANGE	9/14 NACHOS SEASONED BEEF WITH CREAMY CHEESE SAUCE WITH TORTILLA CHIPS SEASONED RICE	9/15 WG PIZZA ROMAINE CAESAR SALAD FRESH PEAR
9/18 MOZZARELLA STICKS MARINARA SAUCE ROASTED CARROTS DINNER ROLL APPLE SLICES	9/19 CHICKEN FILET (BREADED) ON A ROLL OVEN ROASTED POTATO'S ROASTED CHIC PEAS FRESH BANANA	9/20 TOASTED HAM & CHEESE SANDWICH SEASONED PEAS COOL RANCH DORITOS RAISINS	9/21 CHICKEN & WAFFLES HOUSEMADE PASTA SALAD W/ CUCUMBERS, TOMATOS AND ITALIAN DRESSING FROZEN TREAT	9/22 WG PIZZA ROMAINE MIXED SALAD WITH RANCH DRESSING FRESH STRAWBERRIES
9/25 MACARONI & CHEESE WHEAT BREADSTICK RED PEPPER STRIPS APPLESAUCE	9/26 CHICKEN TENDERS SMILEY FRIES SEASONED CORN FRESH ORANGE	9/27 SAUSAGE , EGG & CHEESE ON A CROISSANT HASH BROWN PATTY CELERY STICKS FRESH GRAPES	9/28 HOT DOG COOL RANCH DORITOS VEGETARIAN BEANS DICED PEARS	9/29 WG PIZZA ROMAINE CAESAR SALAD FROZEN TREAT