

# 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

This Institution Is an Equal Opportunity Provider

8 OZ LOW FAT OR FAT FREE MILK OFFERED EVERY DAY WITH LUNCH!



Mon	Tue	Wed	Thu	Fri
<b>STUDENT NUTRITION PROGRAM</b>  GROTON PUBLIC SCHOOLS	<b>GLUTEN FREE AND VEGETARIAN MEALS AVAILABLE DAILY</b>		<b>1</b> TURKEY & PROVALONE GRINDER WITH LETTUCE & TOMATO COOL RANCH DORITOS FRESH BROCCOLI WITH HUMMUS APPLE SLICES	<b>2</b> HOUSE MADE PIZZA ROMAINE CAESAR SALAD FRESH GRAPES
<b>5</b> MAX SNAX (PIZZA TACO BITES) BROWN RICE BROCCOLI WITH CHEESE SAUCE RAISINS	<b>6</b> GRILLED CHEESE CAPE COD CHIPS SPINACH SALAD WITH BLACK BEANS AND CAESAR DRESSING ORANGE	<b>7</b> TOTCHOS! TATER TOTS WITH SEASONED BEEF AND CREAMY CHEESE SAUCE MEXICALI CORN BANANA SALSA AND SOUR CREAM	<b>8</b> CHICKEN TENDERS SWEET POTATO FRIES MIXED VEGETABLES FROOT JOOCE FROZEN TREAT	<b>9</b> HOUSE MADE PIZZA ROMAINE MIXED SALAD APPLESAUCE
<b>12</b> MOZZARELLA STICKS MARINARA SAUCE CHEESY GARLIC BREADSTICK ROASTED GREEN BEANS APPLESAUCE	<b>13</b> HAM & CHEESE SANDWICH NACHO CHEESE DORITOS CARROTS STICKS APPLE SLICES  EARLY DISMISSAL!	<b>14</b> CHICKEN NUGGETS TATER TOTS STEAMED PEAS DICED PEARS	<b>15</b> PASTA WITH MEAT SAUCE GARLIC KNOT FRESH BROCCOLI AND HUMMUS APPLE	<b>16</b> HOUSE MADE PIZZA ROMAINE CAESAR SALAD FRESH GRAPES
<b>19</b> PRESIDENT'S DAY RECESS NO SCHOOL!	<b>20</b> PRESIDENT'S DAY RECESS NO SCHOOL!	<b>21</b> MINI CORN DOGS CHEDDAR CHEESE SAUCE OVEN BAKED FRIES STEAMED CORN FRESH ORANGE	<b>22</b> BRUNCH! FRENCH TOAST STICKS TURKEY SAUSAGE HASH BROWN ROUNDS CELERY STICKS FRESH APPLE	<b>23</b> HOUSE MADE PIZZA ROMAINE MIXED SALAD BANANA
<b>26</b> MIKES CHEESE BITES MARINARA SAUCE DINNER ROLL APPLESAUCE	<b>27</b> TOASTED HAM & CHEESE ON A CROISSANT NACHO DORITOS CUCUMBER CUPS APPLE SLICES	<b>28</b> CHEESE BURGER POTATO WEDGES BROCCOLI WITH RANCH DIPPING SAUCE DICED PEACHES	<b>29</b> POPCORN CHICKEN MASHED POTATOS & GRAVY DINNER ROLL STEAMED CARROTS WATERMELON AMAZING RAISINS	PLEASE NOTE MENU IS SUBJECT TO CHANGE