



Elementary Lunch Menu

Welcome back to school!
Please be sure to fill out an application for free & reduced priced meals

LUNCH PRICING
FULL PAY- \$3.25
MILK ONLY-.50
STAFF LUNCH-\$5.00

ALL STUDENTS AT THAMES RIVER MYSTIC RIVER & CATHERINE KOLNASKI WILL EAT BREAKFAST AND LUNCH AT NO COST TO THE FAMILIES THIS SCHOOL YEAR!!

8 oz low fat or fat-free milk, our fantastic fruit tray and rainbow veggie tray offered with every school lunch

Thanks to the State of Connecticut all students eligible for reduced price meals will eat at no cost this school year

STUDENT NUTRITION PROGRAM



GROTON PUBLIC SCHOOLS

Mon	Tue	Wed	Thu	Fri
<p>PLEASE NOTE MENU IS SUBJECT TO CHANGE</p>			<p>8/29 CHEESE BITES MARINARA SAUCE TEXAS TOAST ROASTED GREEN BEANS APPLESAUCE</p>	<p>8/30 STUFFED CRUST PIZZA ROMAINE CAESAR SALAD FROOT JOOCE ITALIAN ICE</p>
<p>9/2 LABOR DAY! NO SCHOOL!!</p>	<p>9/3 CRISPY CHICKEN NUGGETS TATER TOTS CORN DINNER ROLL FRUIT COCKTAIL</p>	<p>9/4 PASTA WITH MEAT SAUCE GARLIC KNOT ROASTED BROCCOLI APPLE SLICES</p>	<p>9/5 BRUNCH! FRENCH TOAST STICKS TURKEY SAUSAGE LINKS HASH BROWN ROUNDS CINNAMON ROASTED CARROTS DICED PEARS</p>	<p>9/6 DEEP DISH PIZZA SPINACH SALAD WITH BLACK BEANS FRESH ORANGE</p>
<p>9/9 GRILLED CHEESE SWEET POTATO FRIES APPLESAUCE</p>	<p>9/10 POPCORN CHICKEN HONEY WHEAT BISQUIT MASHED POTATOS & GRAVY DICED PEACHES</p>	<p>9/11 CHEESEBURGER ON A WHEAT ROLL OVEN BAKED FRENCH FRIES ROASTED CAULIFLOWER FRESH ORANGE</p>	<p>9/12 NACHOS! SEASONED BEEF WITH A CREAMY CHEESE SAUCE TORTILLA CHIPS SEASONED RICE LETTUCE & TOMATO FRESH GRAPES</p>	<p>9/13 FRENCH BREAD PIZZA ROMAINE CAESAR SALAD FRESH PEAR</p>
<p>9/16 MOZZARELLA STICKS MARINARA SAUCE DINNER ROLL APPLE SLICES</p>	<p>9/17 HAM GRINDER WITH PROVALONE CHEESE LETTUCE & TOMATO COOL RANCH DORITOS CELERY STICKS APPLESAUCE</p>	<p>9/18 CHICKEN FILET (UNBREADED) ON A WHEAT ROLL ROASTED BABY POTATOS STEAMED PEAS FRESH BANANA</p>	<p>9/19 (3) CHICKEN TENDERS & (2) WAFFLES HOUSE MADE PASTA SALAD FROZEN SLUSHIE</p>	<p>9/20 CHEESE PIZZA SPINACH SALAD WITH BLACK BEANS FRESH STRAWBERRIES</p>
<p>9/23 CHICKEN TENDERS POTATO SMILES CORN FRESH ORANGE</p>	<p>9/24 CHICKEN & BROCCOLI ALFREDO WITH PASTA WHEAT BREADSTICK FRESH GRAPES</p>	<p>9/25 HOT DOG ON A WHEAT ROLL VEGETARIAN BAKED BEANS DICED PEARS</p>	<p>9/26 SAUSAGE, EGG & CHEESE ON A CROISSANT HASH BROWN ROUNDS CUCUMBER SLICES APPLE SLICES</p>	<p>9/27 STUFFED CRUST PIZZA ROMAINE CAESAR SALAD FROOT JOOCE ITALIAN ICE</p>
<p>9/30 CHICKEN NUGGETS OVEN BAKED FRIES HONEY WHEAT BISQUIT FRESH APPLE</p>		<p>Bento Boxes served daily as an alternate lunch, please check the website for your schools options</p>		<p>This Institution Is an Equal Opportunity Provider</p>