



# Middle School Lunch Menu

**Welcome back to school!**  
 Please be sure to fill out an application for free & reduced priced meals @ SchoolCafe Parent Portal

**LUNCH PRICING**  
 MILK ONLY-.50  
 STAFF LUNCH-\$5.00

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

Garden Salad with  
 Protein and Deli  
 Sandwiches available  
 daily as an alternate  
 lunch

**STUDENT  
 NUTRITION  
 PROGRAM**



**GROTON PUBLIC SCHOOLS**

Mon	Tue	Wed	Thu	Fri
<p><b>PLEASE NOTE</b>  <b>MENU IS SUBJECT TO</b>  <b>CHANGE</b></p>			<p>8/29            CHEESE BITES            MARINARA SAUCE            GARLIC KNOT            ROASTED GREEN BEANS            APPLESAUCE</p>	<p>8/30            HOUSE MADE PIZZA            ROMAINE CAESAR SALAD            FRESH ORANGE</p>
<p>9/2              LABOR DAY!            NO SCHOOL!!</p>	<p>9/3            CHICKEN NUGGETS            DINNER ROLL            TATER TOTS            FRUIT COCKTAIL</p>	<p>9/4            PASTA WITH MEAT SAUCE            TEXAS TOAST            ROASTED BROCCOLI            APPLE SLICES</p>	<p>9/5            BRUNCH!            FRENCH TOAST STICKS            TURKEY SAUSAGE PATTY            HASH BROWN ROUNDS            CINNAMON ROASTED            CARROTS            DICED PEARS</p>	<p>9/6            HOUSE MADE PIZZA            SPINACH SALAD WITH BLACK            BEANS            FROZEN SLUSHIE</p>
<p>9/9            GRILLED CHEESE            SWEET POTATO FRIES            APPLESAUCE</p>	<p>9/10            POPCORN CHICKEN            MASHED POTATOS &amp; GRAVY            STEAMED PEAS            DICED PEACHES</p>	<p>9/11            CHEESEBURGER ON A WHEAT            ROLL            OVEN BAKED CRINCKLE CUT            FRIES            CORN            FRESH ORANGE</p>	<p>9/12            NACHOS!            SEASONED BEEF WITH A            CREAMY CHEESE SAUCE            SEASONED RICE            LETTUCE &amp; TOMATO            ASSORTED FRUIT</p>	<p>9/13            HOUSE MADE PIZZA            ROMAINE CAESAR SALAD            FRESH PEAR</p>
<p>9/16            MOZZARELLA STICKS            MARINARA SAUCE            DINNER ROLL            DILL ROASTED CARROTS            APPLE SLICES</p>	<p>9/17            HAM &amp; CHEESE ON A ROLL            COOL RANCH DORITOS            CUCUMBER SLICES            RAISINS</p>	<p>9/18            BREADED CHICKEN FILET ON A            WHEAT ROLL            ROASTED BABY POTATOS            STEAMED PEAS            FRESH BANANA</p>	<p>9/19            CHICKEN &amp; WAFFLES            HOUSE MADE PASTA SALAD            FROZEN SLUSHIE</p>	<p>9/20            HOUSE MADE PIZZA            ROMAINE MIXED SALAD            FRUIT COCKTAIL</p>
<p>9/23            HOUSE MADE MACARONI &amp;            CHEESE            GARLIC KNOT            SLICED PEPPERS            APPLESAUCE</p>	<p>9/24            TURKEY &amp; CHEESE ON A            WHEAT ROLL            DORITOS            BABY CARROTS            APPLE SLICES</p>	<p>9/25            SAUSAGE, EGG &amp; CHEESE ON            A CROISSANT            HASH BROWN            CUCUMBER SLICES            FRESH GRAPES</p>	<p>9/26            HOT DOG ON A WHEAT ROLL            VEGETARIAN BAKED BEANS            ASSORTED CHIPS            FRESH BANANA</p>	<p>9/27            HOUSE MADE PIZZA            ROMAINE CAESAR SALAD            FROZEN SLUSHIE</p>
<p>9/30            CHICKEN NUGGETS            OVEN BAKED FRIES            HONEY WHEAT BISQUIT            FRESH APPLE</p>	<p>BREADED CHICKEN FILET ON A            WHEAT ROLL            ROASTED BABY POTATOS            STEAMED PEAS            FRESH BANANA</p>			<p>This Institution Is an Equal            Opportunity            Provider</p>