

# Middle School Lunch Menu



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
PLEASE NOTE MENU IS SUBJECT TO CHANGE	1 BREADED CHICKEN FILET ON A WHEAT ROLL POTATO WEDGES STEAMED PEAS ASSORTED FRUIT	2 HOUSE MADE MACARONI & CHEESE DINNER ROLL ROASTED BROCCOLI APPLESAUCE	3 NACHOS! SEASONED BEEF WITH A CREAMY CHEESE SAUCE SEASONED RICE CORN LETTUCE & TOMATO BANANA	4 HOUSE MADE PIZZA SPINACH SALAD WITH RANCH DRESSING FROZEN SLUSHIE
7 CHICKEN NUGGETS CRINKLE CUT FRIES HONEY WHEAT BISQUIT FRESH APPLE	8 HAM & CHEESE ON A ROLL COOL RANCH DORITOS CUCMBER SLICES RAISINS  EARLY DISMISSAL	9 PASTA WITH MEAT SAUCE GARLIC KNOT ROASTED BROCCOLI APPLE SLICES	10 BRUNCH! FRENCH TOAST STICKS TURKEY SAUSAGE PATTY HASH BROWN ROUNDS CINNAMON ROASTED CARROTS	11 HOUSE MADE PIZZA ROMAINE CAESAR SALAD BANANA
14 COLUMBUS DAY! INDIGENOUS PEOPLES DAY! NO SCHOOL!	15 BREADED CHICKEN PATTY ON A WHEAT ROLL SWEET POTATO FRIES ROASTED GREEN BEANS APPLE SLICES	16 HOT DOG ON A WHEAT ROLL VEGETARIAN BAKED BEANS ASSORTED CHIPS FRESH BANANA	17 MIKES CHEESE BITES MARINARA SAUCE HONEY WHEAT BISQUIT DICED PEACHES	18 HOUSE MADE PIZZA ROMAINE CAESAR SALAD RAISINS
21 MOZZARELLA STICKS MARINARA SAUCE DINNER ROLL DILL ROASTED CARROTS APPLE SLICES	22 CHICKEN TENDERS TATER TOTS MIXED VEGETABLES WARM BREADSTICK FRESH ORANGE	23 TURKEY & CHEESE ON A WHEAT ROLL ASSORTED CHIPS ASSORTED VEGGIES ASSORTED FRUIT	24 HAM & CHEESE ON A WHEAT ROLL ASSORTED CHIPS ASSORTED VEGGIES ASSORTED FRUIT	25 HOUSE MADE PIZZA SPINACH SALAD WITH BLACK BEANS FRUIT COCKTAIL
28 GRILLED CHEESE POTATO WEDGES APPLESAUCE	29 PIZZA CRUNCHERS GARLIC KNOT ROASTED BROCCOLI ASSORTED FRUIT	30 CHICKEN QUESADILLA SEASONED RICE CAESAR SALAD ASSORTED FRUIT	31 HAPPY HALLOWEEN  CHEFS CHOICE	This Institution Is an Equal Opportunity Provider