

Aug/Sept 2026 Middle School Lunch

EVERYDAY ALTERNATE MEAL CHOICES

Available Monday–Thursday

- Garden Salad with Protein & Roll
- Deli Sandwich
- DIY Pizza Bento Box
- Yogurt Flatbread Bento Box

FRIDAY TREATS & DRINKS

- Ice Cream – \$1.25
- Mott's 100% Juice Bottle – \$1.50
- Switch 100% Juice Seltzer – \$1.25

STAFF MEALS

- Hot Lunch – \$5.25
- Bagged Lunch – \$5.50
- Slice of Pizza Only – \$3.00

Lunch is FREE for all Groton Middle School students!!

This institution is an equal opportunity provider.
Menu subject to change based on product availability.

Questions? Contact Food Services at
(860) 449-7208



Monday	Tuesday	Wednesday	Thursday	Friday
8/31 All Beef Hot Dog on Wheat Bun, Baked Beans, Chips, Assorted Veggies, Fruit, Milk	9/1 Roast Turkey w/ Gravy, Mashed Potatoes, Steamed Corn, Dinner Roll Assorted Fruit and Milk	9/2 Chicken Nuggets w/ BBQ or Ranch Dip Smiley Fries, Garlic Knot Assorted Veggies, Fruit, Milk	9/3 Ham & Cheese Grinder w/ Lettuce, Doritos 100% Juice Frozen Treat Assorted Veggies, Milk	9/4 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
9/7 No School!	9/8 Hamburger or Cheeseburger Scratch Made Pickles, French Fries, Assorted Veggies, Fruit, Milk	9/9 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	9/10 Grilled Cheese Sandwich Smiley Fries, House Made Coleslaw Assorted Veggies, Fruit, Milk	9/11 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
9/14 Chicken & Cheese Quesadilla Salsa & Sour Cream, Lettuce, Tomato, Assorted Fruit, Milk	9/15 – Early Dismissal Turkey & Cheese Grinder w/ Lettuce, Doritos Assorted Veggies, Fruit, Milk	9/16 Pasta Day! Buttered pasta or pasta with meat sauce, Parmesan Cheese, Garlic Bread, Veggie, Fruit, Milk	9/17 Breaded Chicken Patty on a Soft Wheat Bun, Pasta Salad, Assorted Veggies, Fruit, Milk	9/18 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
9/21 Mozzarella Sticks w/ Marinara, Dinner Roll Assorted Veggies, Fruit, Milk	9/22 Creamy Mac & Cheese Roasted Broccoli Dinner Roll, Assorted Fruit, Milk	9/23 Nacho Day! Seasoned Beef, Warm Cheese Sauce, Tortilla Chips, Fiesta Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	9/24 Popcorn Chicken w/ Garden Ranch Dip Sweet Potato Fries, Garlic Knot, Assorted Fruit, Milk	9/25 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
9/28 Hamburger or Cheeseburger Scratch Made Pickles French Fries, Assorted Veggies, Fruit, Milk	9/29 Chicken Teriyaki Roasted Broccoli, Fried Rice, Dinner Roll, Fortune Cookie Assorted Veggies, Fruit, Milk	9/30 Pepperoni and Melted Cheese on a Croissant, Tater Tots, Milk 100% Juice Frozen Treat	Students are offered the five meal components: protein, grain, fruit, vegetable, and milk. Students must select at least three components, and one must be a fruit or vegetable, to make a complete meal.	