



October 5 – 9, 2026

October 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
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.		CT Grown for CT Kids Week October 5–9 Celebrating CT farmers and the fresh ingredients in our school cafeterias!	10/1 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/2 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
10/5 Cheese Stuffed Bosco Sticks, Marinara, Local Salad with Maple Lane Farm Lettuce (Preston, CT), Fruit, Milk	10/6 – Early Dismissal Grab and Go Lunch Ham & Cheese on Roll Chips, Veggies from Full Heart Farm (Ledyard, CT), Fruit, Milk	10/7 Nacho Day! Seasoned Local Beef (Broad Brook Acres, Preston, CT), Cheese Sauce, Chips, Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/8 Chicken Alfredo Green Beans Dinner Roll, Milk 100% Juice Frozen Treat	10/9 Assorted Pizza Assorted Fruit, Local Salad with Lettuce from Hunts Brook Farm (Quaker Hill, CT), Milk
10/12 No School!	10/13 All Beef Hot Dog on Wheat Bun, Baked Beans, Chips, Assorted Veggies, Fruit, Milk	10/14 Pasta Day! Buttered pasta or pasta with meat sauce, Parmesan Cheese, Garlic Bread, Veggie, Fruit, Milk	10/15 Breaded Chicken Patty on a Soft Bun, Pasta Salad, 100% Juice Frozen Treat Assorted Veggies, Milk	10/16 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
10/19 Chicken Nuggets w/ BBQ or Ranch Dip Smiley Fries, Garlic Knot Assorted Veggies, Fruit, Milk	10/20 Grilled Cheese Sandwich Culey Fries House Made Coleslaw Assorted Veggies, Fruit, Milk	10/21 Nacho Day! Seasoned Beef, Warm Cheese Sauce, Tortilla Chips, Fiesta Rice, Salsa, SC, Lettuce, Tomato, Fruit, Milk	10/22 French Toast Sticks, Sausage Patty, Hash Brown Assorted Veggies, Fruit, Milk	10/23 Assorted Pizza Assorted Fruit, Caesar Salad, Milk
10/26 Hamburger or Cheeseburger Scratch Made Pickles French Fries, Assorted Veggies, Fruit, Milk	10/27 Orange Chicken Fried Rice, Mixed Vegetables Fortune Cookie, Fruit, Milk	10/28 – Early Dismissal Grab and Go Lunch Ham & Cheese on Roll Chips, Veggies, Fruit, Milk	10/29 – Early Dismissal Grab and Go Lunch Turkey & Cheese on Roll Chips, Veggies, Fruit, Milk	10/30 – Early Dismissal Assorted Pizza Assorted Fruit, Caesar Salad, Milk