

# FREE BREAKFAST! & FREE LUNCH! AT SCHOOL & AT HOME

All students may have  
free breakfast and lunch  
regardless of income.

Free Take-home Meals Kits are provided to all elementary school hybrid plan students on Tuesdays (Cohort A) and Fridays (Cohort B) containing nutritious meals for their school-at-home days. Please see the **Hybrid Meals Menu** for the rotating selections.

If you do not want your child to have free meals at school or to take home, please inform your school's kitchen manager.

If you have a child attending **Groton Middle** or **Fitch High**, we ask that you complete a request form for your child to take home meals. The form can be found on the Food Services page at our website.

## ATTENTION: DISTANCE LEARNERS MEAL PICK UPS ON WEDNESDAYS

A full school week's worth of meals for children who are 100% distance learners can be picked up **Wednesdays** from **9am to 10am** at your choice of locations: Groton Public Library, Mary Morrisson School, or in the Branford Manor neighborhood near St. John's Church. Please view our website for details.

## Q: What if the school building is temporarily closed?

As soon as we learn that a school building is being temporarily closed, we finalize plans to distribute meals to families. Please visit our website for updates and follow us on Facebook @groton.student.nutrition

[grotonschoools.org/parent-and-students/foodservices](http://grotonschoools.org/parent-and-students/foodservices)

# DECEMBER

## ELEMENTARY SCHOOL LUNCH MENU 2020

Mon	Tue	Wed	Thu	Fri
≡ November 30 ≡ Chicken Fajita Wrap Assorted Chips Assorted Veggies Assorted Fruit	1 Cheeseburger on a Soft Roll Oven Baked French Fries Assorted Veggies Assorted Fruit	2	3 Chicken Fajita Wrap Assorted Chips Assorted Veggies Assorted Fruit	4 Cheeseburger on a Soft Roll Oven Baked French Fries Assorted Veggies Assorted Fruit
7 Whole Grain Pizza Assorted Veggies Assorted Fruit	8 Baked Ham and Cheese on a Roll Assorted Chips Assorted Veggies Assorted Fruit	9	10 Whole Grain Pizza Assorted Veggies Assorted Fruit	11 Baked Ham and Cheese on a Roll Assorted Chips Assorted Veggies Assorted Fruit
14 Chicken Nuggets with Dipping Sauce Smiley Fries Assorted Veggies Assorted Fruit	15 Turkey and Cheese on a Croissant Assorted Chips Assorted Veggies Assorted Fruit	16	17 Chicken Nuggets with Dipping Sauce Smiley Fries Assorted Veggies Assorted Fruit	18 Turkey and Cheese on a Croissant Assorted Chips Assorted Veggies Assorted Fruit
21 Whole Grain Pizza Assorted Veggies Assorted Fruit	22 Grilled Cheese Sandwich Tater Tots Assorted Veggies Assorted Fruit	23	24 <b>Winter Holiday Recess Begins</b>	25
28 <b>Winter Holiday Recess</b>	29 <b>Be safe &amp; enjoy!</b>	30	31	* January 1 * <b>HAPPY NEW YEAR!</b>
<b>Bento Box Lunches!</b> Available Daily Check with your kitchen for selection.				
<b>Back to School Mon Jan 4</b>				

*Menu is subject to change.*

All meals, including bento boxes, provide:

2 oz. meat / meat alternate, 2 oz. whole grains  
1/2 c. fruit, 3/4 c. vegetables, 8 oz. low-fat or fat-free milk

**STUDENT  
NUTRITION  
PROGRAM**  
GROTON PUBLIC SCHOOLS