

LUNCH

All Meals include choice of Flavored Fat free Milk entrée, milk, fruit, hot and cold vegetable. Must include at least one fruit or vegetable.

APRIL 2026
Black Rock

School Year 2025/26 Lunch Prices:
Reduced: 0.40
Full Pay: \$3.40
Make payments, check transactions or apply for free and reduced meals online @ linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

DAILY ALTERNATIVE MEALS:

- Choice 2:** Sun Butter and Jelly Sandwich
- Choice 3:** Crispy Chicken or Vegetarian Salad
- Choice 4:** Bagel Box (Week of 3/30 & 4/20)
- Choice 4:** Muffin Box (Week of 4/13 & 4/27)

Everyday Offerings:
Assorted Fresh and Canned Fruit
Rainbow Veggie Tray
100% Fruit Juice
Choice of Unflavored Low fat or All Meals include choice of Flavored Fat free Milk

APRIL FOOLS! **April Fool's Day!**
Choice 1:
Chicken Patty Sandwich
Mystery Dip Madness
Silly Shoestring Fries
Jolly Orange Giggles (Orange Wedges)

Choice 1:
Personal Cheese Pizza
Garden Salad with Ranch Dressing

No School

No School

No School

No School

No School

No School

Enjoy April Break!

Choice 1:
Pizza Crunchers
Potato Wedges

National Gardening Day!

Choice 1:
Chicken and Waffles
Maple Syrup
Glazed Carrots

Choice 1:
Grandma's Pasta and Meatballs
WG Garlic Knot
Broccoli

Choice 1:
Beef Nachos (Seasoned Ground Beef with Tortilla Chips)
Cheese Sauce
Seasoned Black Beans
Salsa

Choice 1:
Stuffed Crust Pizza
Garden Salad
With Italian Dressing

Choice 1:
Rippins (Pull Apart Cheesy Bread)
Marinara Sauce
Broccoli

Choice 1:
Chicken Smackers
Mashed Potatoes
Steamed Corn
WG Honey Biscuit

Earth Day!
Choice 1:
Ramen Noodles
Seasoned Chicken
Zen Garden Veggies

National Picnic Day!
Choice 1:
Backyard Cheeseburger
***Harvest Alert!** Potato Salad
Campfire Baked Beans
Fresh Watermelon!

Choice 1:
NEW
Pizza Bagel Bites
Garden Salad with Ranch Dressing

Super Hero Day!
Choice 1:
Mighty Hero MaxStix
Marinara Sauce
Garlic Green Beans

Choice 1:
Chicken Tenders
Texas Toast
Crinkle Cut Fries

Choice 1:
Bread Stick Dunkers
Meat Sauce
Broccoli

National Tie Dye Day!
Choice 1:
Confetti Pancakes
Chicken Sausage
Harvest Alert!
Oven Roasted Potatoes
Johnny Pops Rainbow Pop!

Harvest of the Month: Potatoes!
This month we're celebrating potatoes—one of Connecticut's locally grown crops! Potatoes give your body energy to learn and play, and they're packed with **vitamin C and potassium**, which help keep your muscles strong and your immune system healthy. Keep an eye on the menu and try some tasty potato dishes this month!



Menu is subject to change. Students with food allergies should notify the cafeteria staff and check with the food service manager before selecting meals. This institution is an equal opportunity provider. Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions 203-879-8145 or jzarrilli@thomastonschools.org

