

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.

FEBRUARY 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

Groundhog Grub Day **2**
Choice 1:
Groundhog Tunnel Cheesy:
Pull Apart Bread
Burrow Down Dipping Marinara Sauce
Green Shadow Italian Green Beans

Choice 1: **9**
Hamburger or Cheeseburger
Crinkle Cut Fries
Vegetarian Baked Beans
Celebration Cookie



Choice 1: **23**
Mozzarella Sticks
Marinara Sauce
Mixed Veggies

Tuesday

Choice 1: **3**
Chicken Smackers
Mashed Potatoes, Steamed Corn
Honey Biscuit

Choice 1: **10**
Chicken Tenders
Crinkle Cut Fries
Texas Toast

Happy Lunar New Year! **17**
Choice 1:
Popcorn Chicken
Sweet & Sour Dipping Sauce
Brown Rice, Orange Wedges
Zen Garden Veggies
Fortune Cookie

Choice 1: **24**
Chicken Nuggets
Smile Fries
Garlic Breadsticks

Wednesday

**Cozy Sweater Day-
Snuggle Up with School Lunch** **4**
Choice 1:
Mac & Cheese
Garlic Breadstick, Broccoli

Choice 1: **11**
Confetti Pancakes
Chicken Sausage
Hash Brown

Choice 1: **18**
Pasta with Meat Sauce
Garlic Knot
Broccoli

Choice 1: **25**
Pasta and Meatballs
Garlic Knot
Broccoli

Thursday

Pregame Day Bites **5**
Choice 1:
Touch Down Chicken Tenders
Cheer Squad Nachos with Cheese Sauce
Harvest Alert:
Victory Rainbow Carrots with Ranch Dip

Love Your Lunch Day! **12**
Choice 1:
Heart Shaped Chicken Nuggets
Happy Friendship Smile Fries
Harvest Alert:
New Cajun Carrots
Be Mine Sidekick Treat

Choice 1: **19**
French Toast Sticks
Egg Patty
Tater Tots

Carnival Celebration! **26**
Choice 1:
New Funnel Cake
Chicken Sausage
Hash Brown

Friday

Choice 1: **6**
Bagel Pizza
Garden Salad with
Italian Dressing



Personal Pizza Day **20**
Choice 1:
Choice of a Personal Cheese or
Pepperoni Pizza
Garden Salad with Ranch Dressing

Choice 1: **27**
Choice of
Cheese or Pepperoni Slice
Garden Salad with Italian Dressing

February Harvest of the Month: Carrots!
Crunchy, colorful, and super tasty—carrots are our **Harvest of the Month** for February! Carrots help keep our eyes healthy and strong because they are packed with **vitamin A**, which is great for vision and growing bodies. 🥕 ✨
Did you know? Carrots grow really well right here in **Connecticut** and are one of the vegetables our local farmers can store and enjoy all winter long. That means even in February, carrots can still be fresh and local!
Be sure to give them a crunch and celebrate this yummy veggie with us! ❤️

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

DAILY ALTERNATIVE MEALS:
Choice 2: Sun Butter and Jelly Sandwich
Choice 3: Crispy Chicken or Vegetarian Salad
Choice 4: Bagel Box (Week of Feb 2 & 18)
Choice 4: Muffin Box (Week of Feb 9 & 23)

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@thomastonschool.org

