

 **LUNCH**

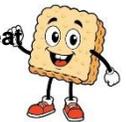
**Everyday Offerings:**  
 Assorted Fresh and Canned Fruit  
 Rainbow Veggie Tray  
 100% Fruit Juice  
 Choice of  
 Unflavored Low fat or  
 All Meals include choice of Flavored  
 Fat free Milk

# MARCH 2026

## Black Rock

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

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
<p><b>2</b></p> <p>Pizza Crunchers, Potato Wedges</p> 	<p><b>Read Across America Day!</b> <b>3</b></p> <p>The Crunch-a-Munch Chicken Lunch! (Crispy Chicken Sandwich) Sneetchy-Sweetchee Stringy Fries, Chicken Dippin Sauce</p>	<p><b>4</b></p> <p>Pasta &amp; Meatballs, Garlic Knot, Broccoli <b>National Snack Day</b> Enter to Win a Snack by having School Lunch!</p>	<p><b>5</b></p> <p>Chicken Quesadilla, Corn &amp; Back Bean Salad, Salsa &amp; Sour Cream</p>	<p><b>National Cereal Day!</b> <b>6</b></p> <p>Stuffed Crust Pizza, Garden Salad with Ranch Dressing <b>Get a Mini Rice Krispy Treat</b> with lunch!</p> 
<p><b>9</b></p> <p>Pull Apart Cheesy Bread, Marinara Sauce, Broccoli</p>	<p><b>10</b></p> <p>Chicken Smackers, Mashed Potatoes, Steamed Corn, Honey Biscuit</p>	<p><b>11</b></p> <p>Chicken Penne Alfredo, Garlic Knot, <b>New!</b> Mediterranean Chick Pea Salad</p>	<p><b>12</b></p> <p>French Toast Sticks, Chicken Sausage, Hash Brown</p>	<p><b>Happy almost Pi Day!</b> <b>13</b></p> <p>Cheese or Pepperoni Pizza Garden Salad with Italian Dressing</p> 
<p><b>16</b></p> <p>MaxStix, Marinara Sauce, Garlic Green Beans</p>	<p><b>Happy St Patrick's Day!</b> <b>17</b></p>  <p>Shamrock Shaped Chicken Nuggets, Broccoli, Smile Fries, Green Grapes</p>	<p><b>March Madness!</b> <b>18</b></p> <p>Walking Taco Seasoned Ground Beef, Shredded Cheese, Salsa &amp; Sour Cream, Corn &amp; Black Bean Salad</p> 	<p><b>Let's Laugh Day</b> <b>19</b></p> <p>Emoji Waffles, Chicken Sausage, Tater Tots</p>	<p><b>1st Day of Spring</b> <b>20</b></p> <p><b>New!</b> Pizza Bagel Bites <b>Harvest Alert!</b> Kale Yeah! Salad</p>
<p><b>23</b></p> <p>Hamburger or Cheeseburger, Carrot Cup with Ranch</p> 	<p><b>Take Out Tuesday!</b> <b>24</b></p> <p>Sweet &amp; Sour Chicken, Brown Rice, Broccoli</p>	<p><b>25</b></p> <p>Mac &amp; Cheese, Garlic Bread, Green Beans</p>	<p><b>Baseball Opening Day</b> <b>26</b></p> <p>Ball Park Classic Hot Dog, Home Plate Popcorn, Bullpen Baked Beans (vegetarian)</p> 	<p><b>27</b></p> <p>Personal Cheese or Pepperoni Pizza, Garden Salad with Ranch Dressing</p> 
<p><b>30</b></p> <p>Mozzarella Sticks, Marinara Sauce, Steamed Carrots</p>	<p><b>31</b></p> <p>Chicken Nuggets, Smile Fries, Garlic Breadstick</p>	<p><b>DAILY ALTERNATIVE MEALS:</b>  <b>Choice 2:</b> Sun Butter and Jelly Sandwich  <b>Choice 3:</b> Crispy Chicken or Vegetarian Salad  <b>Choice 4:</b> Bagel Box (Week of March 2 &amp; 16)  <b>Choice 4:</b> Muffin Box (Week of March 9 &amp; 23)</p>		<p><b>Harvest of the Month: KALE!</b> </p> <p>March's Harvest of the Month is <b>kale</b> — a leafy green superhero veggie! Did you know kale has more vitamin C than an orange? Vitamin C helps keep your body strong and your immune system ready to fight off germs! 🍌 Even better, our kale is <b>grown right here in Connecticut</b>, which means it's super fresh and supports our local farmers. Look for tasty kale recipes on the menu this month and give this crunchy green a try — you might discover a new favorite!</p>