

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

MAY 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 5/4 & 5/18)
Choice 4: Muffin Box (Week of 5/11 & 5/26)

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

May Harvest of the Month: Cucumbers!
 Cool, crisp, and refreshing—cucumbers are **95% water**, making them a perfect snack for warmer days! They help keep us **hydrated** and provide **Vitamin K** for strong bones. In **Connecticut**, cucumbers start growing in late spring, so we can enjoy them fresh and local! Give them a try—they're kind of a *big dill!*

It's Friday!
Choice 1:
 Cheese or Pepperoni Pizza
 Garden Salad with Italian Dressing



Choice 1:
 Chewbacca's Cheesy Pull Apart Bread
 Darth Vader's Marinara Sauce
 Yoda's Jedi Broccoli

Cinco De Mayo
Choice 1:
 Totally Tacos
 Seasoned Black Beans
 Corn, Salsa & Sour Cream

Choice 1:
 Mac & Cheese
 WG Breadstick
 Italian Green Beans

Choice 1:
 Chicken Patty Sandwich
 Crinkle Cut Fries
 Vegetarian Baked Beans
 Chicken Dippin Sauce

Choice 1:
 Cheese or Pepperoni Pizza
 Garden Salad with Italian Dressing

Choice 1:
 Mozzarella Sticks
 Marinara Sauce
 Mixed Veggies

Choice 1:
 Chicken Nuggets
 Smile Fries
 Garlic Breadstick

National Hummus Day!
Harvest Alert!
 Try Hummus with cucumber coins today!
Choice 1:
 Confetti Pancakes, Chicken Sausage, Hash Brown

Choice 1:
 Hot Dog
 Shoestring Fries
 Vegetarian Baked Beans

National Chocolate Chip Day
Choice 1:
 Cheese or Buffalo Chicken Pizza
 Garden Salad with Ranch Dressing
Choice 2: Cereal Box
All Lunches served with a Chocolate Chip Cookie!

Choice 1:
 Pizza Crunchers
 Potato Wedges
 Garlic Green Beans

Choice 1:
 Chicken Tenders
 Waffles
 Glazed Carrots
 Maple Syrup

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

Eat More Fruits and Veggie Day!
Choice 1:
 Ham and Cheese on a Croissant
 Tater Tots
Harvest Alert!
 Cucumber and Tomato Salad

Choice 1:
 Stuffed Crust Pizza
 Garden Salad with Ranch Dressing

Memorial Day

Choice 1:
 Chicken Smackers
 With BBQ Dipping Sauce
 Corn on the Cob
 Strawberry Shortcake

Choice 1:
 French Toast Sticks
 Tater Tots
 Egg Patty

Choice 1:
 Nachos!
 (Seasoned Ground Beef, Cheese Sauce, Tortilla Chips)
 Corn, Salsa & Sour Cream

Choice 1:
 Cheese or Pepperoni Pizza
 Garden Salad with Ranch Dressing

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 jjzarrilli@thomastonschools.org