LUNCH

NOVEMBER 2026

Black Rock

School Year 2026/27 Lunch Prices:
Free/ Reduced: $0.00
Full Pay: $3.75
Make payments, check transactions or
apply for free and reduced meals online @ linqconnect.com

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Choice 1:** Crispy Chicken Sandwich Potato Wedges Vegetarian Baked Beans	**3** 	**4** **Choice 1:** Grandma's Pasta and Meatballs WG Garlic Breadstick **Delicata Squash Smiles**	**5** **Choice 1:** Belgium Waffles or French Toast Sticks Chicken Sausage Oven Roasted Potatoes	**6** **National Nacho Day!** **Choice 1:** Walking Nachos (Seasoned Ground Beef, Cheese Sauce,), Refried Beans Salsa & Sour Cream
9 **Choice 1:** Mozzarella Sticks Marinara Sauce Maple Glazed Carrots	**10** **Choice 1:** Chicken Nuggets Smiley Fries Garlic Breadstick	**11** 	**12** **Choice 1:** Grilled Cheese Tomato Soup Roasted Broccoli	**13** **Choice 1:** Stuffed Crust Pizza Kale Yeah! Salad Apple Crisp
16 **Choice 1:** WG Mac & Cheese Garlic Breadstick Green Beans	**17** **Choice 1:** Chicken Tenders Golden Waffles **Butternut Squash Apple Bake**	**18** **Choice 1:** Homemade Pasta and Meat Sauce WG Breadstick Roasted Ranch Broccoli	**19** **Choice 1:** Mini Maple Pancakes Chicken Sausage Tater Tots	**20** **Choice 1:** Checkered Flag Pizza Party! Cheese or Buffalo Chicken Pizza Pit Stop Garden Salad with Ranch Dressing
23 **Choice 1:** Pizza Crunchers Potato Wedges	**24** **Choice 1:** Turkey Shaped Nuggets Steamed Corn Mashed Potatoes Fall Harvest Cookie	**25** Thanksgiving Break No School	**26**	**27**
30 **Choice 1:** Hot Dog on a WG Bun Shoestring Fries Fresh Cut Veggies				

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 Alternatives:
Choice 2: Sun Butter and Jelly
Choice 3: Crispy Chicken or Vegetarian Salad
Choice 4: Cereal Box
Choice 5: Turkey Sandwich
Choice 6: Parfait

November Harvest of the Month: Winter Squash!

Winter squash, like butternut and acorn squash, comes in all shapes and sizes! Did you know it's packed with **vitamin A**, which helps keep your eyes healthy? Winter squash is grown right here in **Connecticut**, so eating it helps support our local farmers. Let's celebrate the flavors of fall and enjoy some Connecticut Grown goodness!

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.org

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