



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

JANUARY 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

@ lingconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

Everyday Offerings:

Assorted Fresh and Canned Fruit
Rainbow Veggie Tray
100% Fruit Juice
Choice of
Unflavored Low fat or Flavored Fat free Milk

DAILY ALTERNATIVE MEALS:

Sun Butter and Jelly Sandwich
Turkey Sandwich
Fruit and Yogurt Parfait
Crispy Chicken or Vegetarian Salad
Bagel Box (Week of Jan 5 & 20)
Muffin Box (Week of Jan 12 & 26)

No School

No School

January's Harvest of the Month: PEARS!

This month across our cafeterias, we're celebrating the delicious **pear**! Pears are sweet, juicy, and packed with **fiber**, which helps keep our tummies happy and supports healthy digestion. **Fun fact:** pears are one of the **oldest fruits in the world**—people have been enjoying them for more than 3,000 years! Pears are also grown right here in **Connecticut**, where local farmers harvest several tasty varieties. Choosing local produce helps support our farms and our community. Keep an eye out for fun pear tastings and treats throughout January!

Maxstix
(Cheese filled Breadstick)
Marinara Sauce
Garlic Green Beans

5

National Apple Tree Day!

Chicken Tenders, Crinkle Cut Fries
Texas Toast
Tree Top Apple Chips!



6

Pasta and Meatballs
Garlic Knot, Broccoli

7



New
Bagged Doritos, Seasoned Ground Beef,
Cheddar Cheese Sauce, Corn, Brown
Rice, Salsa and Sour Cream

8



Pear-fect Pizza Friday

Pizza Bagel, Garden Salad with
Italian Dressing
Harvest Alert!
Freshly Baked Pear Crisp

9

Twisted Cheesy Breadsticks
Marinara Sauce
Mixed Veggies

12

National Sticker Day!

Hamburger or Cheeseburger
Crinkle Cut Fries, Vegetarian Baked
Beans

Get a Sticker with your lunch!

13

Mac and Cheese
WG Soft Pretzel
Italian Green Beans

14



Chicken Smackers
Mashed Potatoes
Steamed Corn
Honey Biscuit

15

Pear-fect Pizza Friday,

Round 2!

Stuffed Crust Pizza
Harvest Alert!
Winter Pear Salad

16



No School

19



Kick Off Tuesday!

Chicken Patty Sandwich
Crinkle Cut Fries
Vegetarian Baked Beans

20

Dip & Score Wednesday!

Meatball Dippers
Garlic Breadsticks
Broccoli

21



Power Play Thursday!

Choice of:
Victory Cheese Pizza Slice or
Blitz Buffalo Chicken Pizza Slice
Garden Salad with Ranch Dressing

22

New

Zen Noodle Adventure!

Ramen Noodles, Diced Chicken,
Sweet Chili Sauce
Zen Garden Vegetables

23



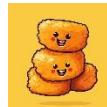
Crunch Time Monday!

Pizza Crunchers
Crispy Potato Wedges

26

Chicken Nuggets
Garlic Breadstick
Shoestring Fries

27



New

Blueberry Pancake Square
Chicken Sausage, Egg Patty
Hash Brown, Maple Syrup

28

Cozy Combo Thursday!

Grilled Cheese
Toasty Tomato Soup

29



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

30

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

