



# SEPTEMBER 2025

## Black Rock

School Year 2025/26 Breakfast Prices:  
Reduced: 0.30  
Full Pay: \$2.25  
Make payments, check transactions or  
apply for free and reduced meals online @  
[linqconnect.com](http://linqconnect.com)

### Monday

No School

1



### Tuesday

**Turbo Tuesday!**

2

Bagel with Cream Cheese  
Or  
Assorted Cereals &  
RF String Cheese

### Wednesday

**Wake Up Wednesday!**

3

**\*New\***  
Apple Frudal  
Or  
Assorted Cereals &  
RF String Cheese

### Thursday

**Toasty Thursday!**

4

Egg and Cheese on  
A croissant  
Or  
Assorted Cereals &  
RF String Cheese



### Friday

**Fun Friday!**

5

WG Baked Donut Stick  
Or  
Assorted Cereals &  
RF String Cheese

**Mighty Monday!**

8



Banana Bread  
Or  
Assorted Cereals &  
RF String Cheese

**Turbo Tuesday!**

9

Cinnamon Roll  
Or  
Assorted Cereals &  
RF String Cheese

**Wake Up Wednesday!**

10

Mini Maple Pancakes  
Or  
Assorted Cereals &  
RF String Cheese

**Tasty Thursday!**

11

**\*New\***  
Breakfast Snack Wrap  
**\*Try it with Salsa!\***  
Or  
Assorted Cereals & RF String Cheese

**Fun Friday!**

12

Breakfast Bun  
Or  
Assorted Cereals &  
RF String Cheese

**Mighty Monday!**

15

Banana Chocolate Chip Bar  
Or  
Assorted Cereals &  
RF String Cheese

**Turbo Tuesday!**

16

Cinni Minnis  
Or  
Assorted Cereals &  
RF String Cheese

**Wake Up Wednesday!**

17

Pumpkin Bread  
Or  
Assorted Cereals &  
RF String Cheese

**Toasty Thursday!**

18

Egg and Cheese on an  
English Muffin  
Or  
Assorted Cereals &  
RF String Cheese



**Fun Friday!**

19

WG Baked Donut Stick  
Or  
Assorted Cereals &  
RF String Cheese

**Mighty Monday!**

22

Apple Roll  
Or  
Assorted Cereals &  
RF String Cheese



**Turbo Tuesday!**

23

Bagel with Cream Cheese  
Or  
Assorted Cereals &  
RF String Cheese

**Wake Up Wednesday!**

24

Mini Maple Waffles  
Or  
Assorted Cereals &  
RF String Cheese

**Tasty Thursday!**

25

Breakfast Pizza  
Or  
Assorted Cereals &  
RF String Cheese

**Fun Friday!**

26

Breakfast Bun  
Or  
Assorted Cereals &  
RF String Cheese

**Mighty Monday!**

29

Cinnabar  
Or  
Assorted Cereals &  
RF String Cheese

**Turbo Tuesday!**

30

Mini Strawberry  
Cream Cheese Bagels  
Or  
Assorted Cereals &  
RF String Cheese

**Everyday Offerings:**  
Assorted Fresh and Canned Fruit  
100% Fruit Juice  
Choice of Unflavored Low fat or Flavored Milk  
  
Breakfast Includes Entrée Plus Two Fruits  
(or 1 juice and 1 fruit) and Choice of Milk!

Menu is subject to change. This institution is an equal opportunity provider. Let the kitchen manager know of any food allergies.

Contact Food Service Director (Jennifer Zarrilli, MS, RDN, CDN with any questions – 203-879-8145 or

[jzarrilli@thomastonschools.org](mailto:jzarrilli@thomastonschools.org)