



# SEPTEMBER 2025

Black Rock

School Year 25/26 Lunch Prices:

Reduced: 0.40

Full Pay: \$3.40

Make payments, check transactions or  
apply for free and reduced meals online  
@ [linqconnect.com](mailto:linqconnect.com)

Monday

No School



Tuesday

**Back to School BBQ**

Popcorn Chicken  
Corn  
WG Honey Biscuit  
BBQ Sauce  
Fresh Watermelon

Wednesday

Grilled Cheese on Whole  
Grain Bread  
Tomato Soup

Thursday

French Toast Sticks  
Hash Brown  
Egg Patty  
Chicken Sausage  
Maple Syrup

Friday

Personal Cheese Pizza  
Garden Salad  
with Italian Dressing

**National Waffle Week**

Chicken and Waffles  
Corn  
Maple Syrup



Pizza Crunchers  
(Breaded Mozzarella Sticks  
Filled with Marinara Sauce)  
Potato Wedges

Cheeseburger or  
Hamburger  
Sweet Potato Fries  
Vegetarian Baked Beans

Chicken Smackers  
Mashed Potatoes  
Steamed Corn  
WG Honey Biscuit

Cheese Pizza  
Pepperoni Pizza  
Garden Salad  
With Italian Dressing

**Meatless Monday!**

Mozzarella Sticks  
Marinara Sauce  
Mixed Veggies

Chicken Nuggets  
Smile Fries  
Garlic Breadstick

Confetti Pancakes  
Chicken Sausage  
Egg Patty  
Hash Browns  
Maple Syrup

**Try It Thursday!**  
**Fiesta Flavors**

Chicken or Cheese Quesadilla  
Seasoned Black Beans  
**Fresh Made Local Salsa**  
Sour Cream

**\*Lucky Tray Day!- Find a sticker under your  
tray and win a prize!\***

Bagel Cheese Pizza  
Garden Salad  
with Ranch Dressing

**Meatless Monday!**

Pizza Crunchers  
(Breaded Mozzarella Sticks  
Filled with Marinara Sauce)  
Garlic Green Beans

Chicken and Waffles  
Maple Syrup  
Glazed Carrots



Grandma's Pasta and  
Meatballs  
WG Garlic Knot  
Broccoli

Cheeseburger or Hamburger  
Sweet Potato Fries  
Vegetarian Baked Beans

Stuffed Crust Pizza  
Garlic Salad  
with Ranch Dressing

**New Item**

Cheesy Pull Apart Bread  
Marinara Sauce  
Broccoli

Chicken Smackers  
Mashed Potatoes  
Corn  
WG Honey Biscuit

**DAILY ALTERNATIVE MEALS:**

Sun Butter and Jelly Sandwich  
Turkey Sandwich  
Crispy Chicken or Vegetarian Salad  
Fruit and Yogurt Parfait  
Bagel Box (Week of Aug 28, Sept 8, 22)  
Muffin Box (Week of Sep 2, 15, 29)

**Everyday Offerings:**

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

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

Menu is subject to change. Please notify kitchen manager of any food allergies.

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](mailto:jzarrilli@thomastonschool.org)

