

OCTOBER 2026

Black Rock

School Year 2026/27 Breakfast Prices:

Reduced: Free Breakfast

Full Pay: Free Breakfast

Second Breakfast: \$2.50

Make payments, check transactions or apply for free and reduced meals online @ linqconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

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!

Choice 1:

Freshly Baked
Cinnamon Roll

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Apple Pie Smoothie with
Vanilla Graham Sports
Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Snack Wrap
(Chicken Sausage, Egg & Cheese)

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Go Green Smoothie with
New Vanilla Graham
Sports Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:
Apple Roll

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

New Apple Harvest Parfait
(Cinnamon Apples, Granola,
Local Yogurt)

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Reminder:
No School!

Choice 1:

Acrobat Apple Nachos

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:
Ring Master's
Egg and Cheese on an
English Muffin

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Peachy Performer Smoothie
with Vanilla Graham Sports
Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:
Circus Star

French Toast Bites

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Cinnamon Roll

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Belgian Waffle Stick with
Peach Yogurt

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Egg and Cheese Croissant

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Celebration Smoothie with
Vanilla Graham Sports Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Strawberry Pancake Puffs

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Maple Madness Waffles

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Apple Swirl Roll

Choice 2:

Ballpark Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Breakfast Grilled Cheese

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

Cookies & Cream
Smoothie with Vanilla
Graham Sports Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal
& RF Cheese Stick

Choice 1:

New Candy Corn Parfait
(Pineapple, Mandarin Oranges,
Vanilla Yogurt, Granola)

Choice 2:

Boo-gel (Bagel) Box

Choice 3: Monster Munch
Assorted Cereal & RF Cheese Stick

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