



BREAKFAST

NOVEMBER 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

Choice 1:

Freshly Baked Cinnamon Bun

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

2

Tuesday



3

Wednesday

Choice 1:

New! Pumpkin Swirl Roll

Choice 2:

Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

4

Thursday

Choice 1:

Apple Pie Smoothie Sports Graham Crackers

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

5

Friday

National Nacho Day!

6

Choice 1: Apple Nachos!

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1:

Mini Maple Waffles

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

9

National Vanilla Cupcake Day!

Choice 1: ***New***

Vanilla Cupcake Parfait (Vanilla Yogurt, Confetti Pancakes, Strawberries)

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

10



11

Choice 1: Egg and Cheese on a Croissant

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

12

Choice 1:

Freshly Baked Cinnamon Bun

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

13

Choice 1:

Cini Mini

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

16

Choice 1:

Breakfast Snack Wrap with Tater Tots

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

17

National Cider Day!

Choice 1:

New Apple Cider Bites

Vanilla Yogurt Dip

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

18

Choice 1:

Breakfast Bar

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

19

Choice 1:

Apple Harvest Parfait

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

20

Choice 1:

Assorted Breakfast Breads

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

23

Choice 1:

Egg and Cheese Croissant

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

24

25



Thanksgiving Break
No School

26

27

Choice 1:

Strawberry Pancake Puffs

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

30

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. 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

