



NOVEMBER 2026

Black Rock

School Year 2026/27 Lunch Prices:

Free/ Reduced: \$0.00

Full Pay: \$3.75

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

Monday

Choice 1:

Hamburger or Cheeseburger
Potato Wedges
Vegetarian Baked Beans

Tuesday

No
School

Wednesday

Choice 1:

Grandma's Pasta and Meatballs
WG Garlic Knot
Delicata Squash Smiles

Thursday

Choice 1:

Funnel Cake
Chicken Sausage
Oven Roasted Potatoes

Friday

National Nacho Day!

Choice 1:

Walking Nachos (Seasoned
Ground Beef, Cheese Sauce,)
Refried Beans
Salsa & Sour Cream

Choice 1:

Mozzarella Sticks
Marinara Sauce
Maple Glazed Carrots

Choice 1:

Chicken Nuggets
Smiley Fries
Garlic Breadstick



Choice 1:

Grilled Cheese
Tomato Soup
Roasted Broccoli



Choice 1:

Stuffed Crust Pizza
Kale Yeah! Salad
Apple Crisp

Choice 1:

WG Mac & Cheese
Garlic Breadstick
Green Beans

Choice 1:

Chicken Tenders
Golden Waffles
Butternut Squash Apple Bake

Choice 1:

Homemade Pasta
and Meat Sauce
WG Breadstick
Roasted Ranch Broccoli

Choice 1:

Mini Maple Pancakes
Chicken Sausage
Tater Tots



Choice 1:

Checkered Flag Pizza Party!
Cheese or Buffalo
Chicken Pizza
Pit Stop Garden Salad with
Ranch Dressing

Choice 1:

Pizza Crunchers
Potato Wedges

Choice 1:

Turkey Shaped Nuggets
Steamed Corn
Mashed Potatoes
Fall Harvest Cookie



Thanksgiving Break
No School

Choice 1:

Hot Dog on a WG Bun
Shoestring Fries
Fresh Cut Veggies

Everyday Offerings:

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

Daily Alternatives:

Choice 2: Sun Butter and Jelly
Choice 3: Crispy Chicken or Vegetarian Salad
Choice 4: Cereal Box
Choice 5: Turkey Sandwich
Choice 6: Parfait

November Harvest of the Month: Winter Squash! 🍂

Winter squash, like butternut and acorn squash, comes in all shapes and sizes! Did you know it's packed with **vitamin A**, which helps keep your eyes healthy? Winter squash is grown right here in **Connecticut**, so eating it helps support our local farmers. Let's celebrate the flavors of fall and enjoy some Connecticut Grown goodness! 🍷 🍂

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

