



# BREAKFAST

Contact Food Service Director for questions –

203-879-8145 or [crizarr@honestonschool.org](mailto:crizarr@honestonschool.org)

# OCTOBER 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  
[www.linqconnect.com](http://www.linqconnect.com)

## Monday

### 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!



### Mighty Monday! 6

Pumpkin Bread  
Or  
Assorted Cereal &  
RF String Cheese

### No School 13



### Mighty Monday! 20

Banana Chocolate Chip Bar  
Or  
Assorted Cereals &  
RF String Cheese

### Mighty Monday! 27

Apple Roll  
Or  
Assorted Cereals &  
RF String Cheese



## Tuesday

### Turbo Tuesday! 7

Bagel with Cream Cheese  
Or  
Assorted Cereals &  
RF String Cheese

### Turbo Tuesday! 14



Cinnamon Roll  
Or  
Assorted Cereals &  
RF String Cheese

### Turbo Tuesday! 21

Cinni Minnis  
Or  
Assorted Cereals &  
RF String Cheese

### Turbo Tuesday! 28

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

## Wednesday

### Wake Up Wednesday! 1

Celebration Smoothie  
With a WG Muffin  
Or  
Assorted Cereal &  
RF String Cheese

### Wake Up Wednesday! 8

Apple Pie Smoothie  
With a WG Muffin  
Or  
Assorted Cereal &  
RF String Cheese



### Wake Up Wednesday! 15



Tropical Smoothie  
With WG muffin  
Or  
Assorted Cereals &  
RF String Cheese

### Wake Up Wednesday! 22

Celebration Smoothie  
With WG muffin  
Or  
Assorted Cereals &  
RF String Cheese



### Wake Up Wednesday! 29

Spooky Cookies and Scream  
Smoothie  
With a WG Muffin  
Or  
Assorted Cereal &  
RF String Cheese



## Thursday

### Tasty Thursday! 2

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

### Toasty Thursday! 9

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



### Tasty Thursday! 16

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

### Toasty Thursday! 23

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

### Tasty Thursday! 30

Egg & Cheese on a  
Croissant  
Or  
Assorted Cereals &  
RF String Cheese

## Friday

### Fun Friday! 3

Mini Maple Pancakes  
Or  
Assorted Cereals &  
RF String Cheese

### Fun Friday! 10

WG Baked Donut Pull Aparts  
Or  
Assorted Cereals &  
RF String Cheese

### Fun Friday! 17

Breakfast Bun  
Or  
Assorted Cereals &  
RF String Cheese

### Fun Friday! 24

WG Baked Donut Pull Aparts  
Or  
Assorted Cereals &  
RF String Cheese

### Happy Halloween! 31

Monster Mash Breakfast Bun  
Or  
Creepy Crunchy Cereals  
With Ghostly String Cheese

