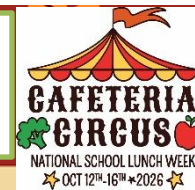


LUNCH

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

OCTOBER 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

Tuesday

Wednesday

Thursday

Friday

APPLE POWER!

Did you know? Connecticut has almost 300 apple producers! Apples are packed with fiber and vitamin C to help keep your body healthy and strong. October is the perfect time to enjoy a crisp, crunchy CT apple!

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

CT GROWN FOR CT KIDS WEEK

Enjoy Local Apples all month long!

Choice 1:

Harvest Mac & Cheese
Garlic Breadstick
Roasted Ranch Broccoli

Choice 1:

New! Sweet Cheese Pierogis
Golden Waffles,
Warm Cinnamon Apples
Maple Glazed Carrots

Choice 1:

Crispy BBQ Chicken Sandwich
Primavera Pasta Salad
Fresh Cut Veggies

Choice 1:

Walking Tacos,
Seasoned Ground Beef, Cheese
Sauce, Dorito Chips
Tomato & Corn Salad
Salsa & Sour Cream

Choice 1: Fried Dough
Marinara Sauce, Shredded
Mozzarella
Garden Salad with
Homemade Maple Vinaigrette

Reminder:
No School!

Choice 1:

Popcorn Chicken
Strongman's Mashed Potatoes
Clown's Steamed Corn
Sweet Circus Honey Biscuit

Choice 1:

Twisty Pasta
Juggler's Meatballs
Topy-Turvy Garlic Knot
Ringmaster's Roasted Zucchini

Choice 1:

Circus Confetti Pancakes
Chicken Sausage
Tiny Tent Tater Tots

Choice 1:

Center Ring Pizza!
Cheese or Pepperoni
Chicken Pizza Slice
Circus Garden Salad with
Ringmaster's Ranch Dressing

Choice 1:

Pizza Crunchers
Potato Wedges

Choice 1:

Chicken Tenders
Crinkle Cut Fries
Texas Toast

Choice 1:

Hamburger or Cheeseburger
Potato Wedges
Vegetarian Baked Beans

Choice 1:

Funnel Cake
Chicken Sausage, Egg Patty
Harvest Alert
Homemade Apple Crisp

Choice 1:

Stuffed Crust Pizza
Garden Salad with
Ranch Dressing

Choice 1:

Bosco Sticks
Marinara Sauce
Maple Glazed Carrots

Lunch that's a total Homerun!

Choice 1:

Grilled Cheese
Tomato Soup
Crinkle Cut Fries
Ballpark Chips

Choice 1:

Homemade Pasta and
Meat Sauce
WG Breadstick
Roasted Ranch Broccoli

Choice 1:

Cheese or Pepperoni
Chicken Pizza Slice
Garden Salad with
Ranch Dressing

Happy Halloween!

Choice 1: Batty Bites
(Bat Shaped Chicken Nuggets)
Spooky Smile Fries
Monster Dinner Roll
Eek! Sidekick (Icy Treat)

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

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

