



SEPTEMBER 2026

Black Rock School

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

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!

Tuesday

Choice 1:

Freshly Baked Cinnamon Bun

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

Wednesday

Choice 1:

Egg & Cheese Croissant

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

Thursday

Choice 1:

Celebration Smoothie with ***New*** Sports Graham Crackers (Vanilla)

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

Friday

Choice 1:

Assorted Breakfast Breads and Rolls

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick



Choice 1: Apple Nachos (Apple Slices, Yogurt, Granola, Chocolate Chips)

Choice 2: Bagel Box

Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Egg & Cheese Croissant
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Peach Smoothie with Sports Graham Crackers
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick



Choice 1: Pancakes
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Assorted Breakfast Breads and Rolls
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: ***New*** Belgian Waffle Stick with Peach Yogurt
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick



Choice 1: Egg & Cheese Croissant
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Strawberry Smoothie with Sports Graham Crackers
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Assorted Breakfast Breads and Rolls
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Assorted Breakfast Breads and Rolls
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Frozen Bark (Frozen Yogurt with mixed berries and granola)
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: ***New*** Breakfast Grilled Cheese (with egg)
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick



Choice 1: Blueberry Smoothie with Sports Graham Crackers
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Freshly Baked Cinnamon Bun
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Assorted Breakfast Breads and Rolls
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick

Choice 1: Pancakes
Choice 2: Bagel Box
Choice 3: Assorted Cereal & RF Cheese Stick



Choice 1: Egg & Cheese Croissant
Choice 2: Bagel Box
Choice 3: 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

