

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.

SEPTEMBER 2026 Black Rock School



School Year 2026/27 Lunch Prices:
Free/Reduce: \$0.00
Full Pay: \$3.75
Make payments, check transactions or apply for free and reduced meals online @ lingconnect.com

Monday

Tuesday

Wednesday

Thursday

Friday

September Harvest of the Month: Tomatoes!
Did you know tomatoes are actually a fruit? They're packed with Vitamin C to help keep you healthy and are grown locally in Connecticut during the summer and fall! **Joke:** Why did the tomato turn red? Because it saw the salad dressing!
Enjoy local tomatoes this month! 🍅



Choice 1:
Chicken Tenders, Waffles,
Glazed Carrots

LOCAL

Choice 1:
Grandma's Pasta
and Meatballs
WG Garlic Knot
Cheesy Summer Squash



Choice 1:
Totally Tacos
Seasoned Black Beans & Corn
Salsa and Sour Cream



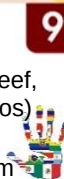
LOCAL

Choice 1:
Stuffed Crust Pizza
Garden Salad with
Ranch Dressing

Choice 1:
Chicken Smackers,
Mashed Potatoes,
Steamed Corn, Honey Biscuit



Choice 1:
Walking Tacos
(Seasoned Ground Beef,
Cheese Sauce, Doritos)
Refried Beans,
Salsa & Sour Cream



Choice 1:
Confetti Pancakes
Chicken Sausage, Tater Tots



Choice 1:
Cheese or
Buffalo Chicken Pizza
Garden Salad with
Italian Dressing

Choice 1:
Mac and Cheese
Garlic Breadstick
Roasted Ranch Broccoli

Choice 1:
Chicken Tenders,
Crinkle Cut Fries, Texas Toast

Choice 1:
Cheeseburger,
Potato Wedges,
Vegetarian Baked Beans



Choice 1:
Asian Noodle Bowl
Seasoned Chicken,
Raman noodles, Sweet Chili
Sauce, Zen Garden Veggies

LOCAL

Choice 1:
Bagel Pizza
Garden Salad with
Ranch Dressing



Choice 1:
New! Bosco Sticks
(Cheese filled Breadsticks)
Marinara Sauce
Roasted Butternut Squash



First Day of Fall

Choice 1:
Chicken Patty Sandwich,
Crinkle Cut Fries,
Vegetarian Baked Beans
Chicken Dippin' Sauce

Choice 1:
Homemade Pasta with
Meat Sauce
Garlic Knot,
Roasted Ranch Broccoli

Choice 1:
Funnel Cake
Chicken Sausage Patties,
Oven Roasted Potatoes

LOCAL

Choice 1:
Stuffed Crust Pizza
Harvest Alert
Tomato and Cucumber Salad



Choice 1:
Mozzarella Sticks
Marinara Sauce, Glazed Carrots

Choice 1:
Chicken Nuggets
Smile Fries, Garlic Breadstick



Worldly Wednesday
Choice 1:
New! Teriyaki Chicken Bowl
Brown Rice, Stir Fry Veggies,
Egg Roll

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

LOCAL

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

