



# OCTOBER 2025

Black Rock

School Year 25/26 Lunch Prices:

Reduced: 0.40

Full Pay: \$3.40

Make payments, check transactions or  
apply for free and reduced meals online  
@ [linqconnect.com](http://linqconnect.com)

Monday

## DAILY ALTERNATIVE MEALS:

Sun Butter and Jelly Sandwich  
Turkey Sandwich  
Crispy Chicken or Vegetarian Salad  
Fruit and Yogurt Parfait  
Bagel Box (Week of Oct 6 & 20)  
Muffin Box (Week of Oct 14 & 27)

Tuesday



## National Noodle Day 6

Chicken Tenders  
Buttered Egg Noodles  
Glazed Carrots with  
Local Maple Syrup

## National Taco Day 7 It's Raining Tacos!

Beef Tacos  
Brown Rice  
Corn



Wednesday

World Vegetarian Day 1  
Grilled Cheese  
Tomato Soup  
Sweet Potato Fries

WG Harvest 8  
Mac & Cheese  
WG Garlic Breadstick  
Local Garlic Green Beans

CT Grown for CT Kids Week

Thursday

Hot Dog 2  
Crinkle Cut Fries  
Vegetarian Baked Beans

French Toast Sticks 9  
Egg Patty  
Chicken Sausage  
Hash Brown  
Maple Syrup  
Local Apples

Friday

Pick-A-Pizza Friday! 3  
Cheese or  
Pepperoni Pizza  
Garden Salad with  
Italian Dressing

Fabulous 10  
Fried Dough Friday!  
Fried Dough  
Marinara Sauce  
Local Kale Yeah! Salad

No School 13



Adventure to Asia 14  
Sweet & Sour Chicken  
Brown Rice  
Broccoli



Benvenuto in Italia 15  
Pasta with Meat Sauce  
WG Roll  
Italian Green Beans

Try It Thursday 16  
Jump to Jamacia  
\*New\*  
Jamaican Beef Patty  
Potato Wedges

Stuffed Crust Pizza 17  
Garden Salad with  
Ranch Dressing

National School Lunch Week: Taste the World



20  
Bacon, Egg & Cheese  
On a Croissant  
Tater Tots

21  
Chicken Nuggets  
Smile Fries  
WG Garlic Breadstick



22  
Pasta & Meatballs  
WG Garlic Knot  
Broccoli

23  
Cheeseburger  
Sweet Potato Fries  
Vegetarian Baked Beans

Pick-A-Pizza Friday! 24  
Cheese or  
Pepperoni Pizza  
Garden Salad with  
Italian Dressing

27  
Meatless Monday  
Pizza Crunchers  
(Breaded Mozzarella Sticks  
Filled with Marinara Sauce)  
Garlic Green Beans

28  
Chicken and Waffles  
Maple Syrup  
Glazed Carrots

29  
French Toast Sticks  
Hash Brown  
Egg Patty  
Chicken Sausage  
Maple Syrup

30  
Personal Cheese Pizza  
Garden Salad  
with Italian Dressing

Happy Halloween! 31  
Bat Shaped Nuggets  
Creepy Carrots  
Vampire Garlic Breadstick  
EEEE! Treat

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

Menu is subject to change. Please notify kitchen manager of any food allergies.  
This institution is an equal opportunity provider. Contact Food Service Director, Jennifer Zarrilli, MS, RDN, CDN with any questions  
203-879-8145 or [jzarrilli@thomastonschool.org](mailto:jzarrilli@thomastonschool.org)



Everyday Offerings:  
Assorted Fresh and Canned Fruit  
Rainbow Veggie Tray  
100% Fruit Juice  
Choice of  
Unflavored Low fat or  
Flavored Fat Free Milk