



# BLACK ROCK ELEMENTARY SCHOOL MENU – December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Muffin & Yogurt Box Turkey Sandwich PB&J			Lunch is paid this year - \$3.15 per lunch, free for those free and reduced meals	<b>BREAKFAST IS FREE FOR ALL!! One meal per student, second breakfast is \$2.00</b>	1 Wild Mike Bites Marinara Sauce Caesar Salad	
Plain Bagel Box Ham Sandwich PB&J		4 Crispy Chicken Ranch Wrap Potato Wedges <b>Orange Cinnamon Carrots</b> Ketchup	5 Egg and Cheese on a Croissant Tater Tots Homemade Apple Crisp Ketchup	6 Homemade Pasta and Meat Sauce WG Breadstick <b>Cheesy Squash</b>	7 Meatball Grinder Sweet Potato Fries <b>Roasted Ranch Broccoli</b>	8 Cheese Pizza Bagel <b>Garden Salad with Ranch</b>
Muffin & Yogurt Box Turkey Sandwich PB&J		11 Chicken and Waffles Maple Syrup Corn on the Cob	12 Crispy Chicken Sandwich Homemade Potato Salad <b>Pizza Green Beans</b>	13 <b>National Cocoa Day!</b> Chicken or Cheese Quesadilla Salsa, Sour Cream Seasoned Black Beans	14 Pancakes Scrambled Eggs Tater Tots Maple Syrup	15 Cheese Pizza Pepperoni Pizza <b>Garden Salad with Italian</b>
Muffin & Yogurt Box Turkey Sandwich PB&J		18 Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend	19 Chicken Nuggets Tater Tots Seasoned Corn Ketchup	20 WG Mac & Cheese WG Breadstick <b>Italian Green Beans</b>	21 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	22 Cheese Pizza Buffalo Chicken Pizza <b>Garden with Ranch</b> Holiday Jingle Fruit Cup
December is National Pear month – pears are high in fiber and Vitamin C – enjoy raw or cooked in recipes		25 <b>Parents can make payments, check transactions or apply for free and reduced meals online @ linqconnect.com</b>	26	27 	28	29 <b>Every Day Offerings:</b> Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit <b>Twice Per Week:</b> 100% Fruit Juice

**Bold Indicates Fresh  
Produce is Used!**

Main Meal = Choice 1 Box Meal = Choice 2 Salad/Sandwich Meal = Choice 3 PB&J = Choice 4

Menu is subject to change. This institution is an equal opportunity provider.

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