




BLACK ROCK ELEMENTARY SCHOOL MENU – November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Plain Bagel Box Ham Sandwich PB&J			1 Homemade Pasta and Meat Sauce WG Breadstick Cheesy Summer Squash	2 Meatball Grinder Sweet Potato Fries Roasted Ranch Broccoli	3 Cheese Pizza Pepperoni Pizza Garden Salad with Italian
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly		6 Chicken and Waffles Maple Syrup Corn on the Cob	7 Crispy Chicken Sandwich Homemade Potato Salad Pizza Green Beans	8 Chicken or Cheese Quesadilla Salsa, Sour Cream Seasoned Black Beans	9 
Muffin & Yogurt Box Turkey Sandwich PB&J	13 Sweet & Sour Chicken Brown Rice Broccoli	14 Chicken Nuggets Sweet Potato Fries Seasoned Corn Ketchup	15 WG Mac & Cheese WG Breadstick Italian Green Beans	16 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	17 Cheese Pizza Buffalo Chicken Pizza Garden with Ranch
Plain Bagel Box Ham Sandwich PB&J	20 Grilled Cheese Crinkle Cut Fries Tomato Soup Ketchup	21 Chicken Smackers Mashed Potatoes Steamed Corn WG Honey Biscuit	22-24 		
Muffin & Yogurt Box Turkey Sandwich PB&J	27 Cheeseburger Potato Wedges Steamed Broccoli Ketchup	28 Pizza Crunchers Oven Roasted Zucchini LF Cheese Stick	29 Grandma's Pasta and Meatballs WG Garlic Knot Parmesan Roasted Cauliflower	30 French Toast Sticks Oven Roasted Potatoes Chicken Sausage Patties Maple Syrup	Every Day Offerings: Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit Twice Per Week: 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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