

BLACK ROCK ELEMENTARY SCHOOL MENU – SEPTEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham Sandwich Peanut Butter & Jelly	Every Day Offerings: Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit Twice Per Week: 100% Fruit Juice	23/24 Pricing Breakfast - \$2.00/\$0.30 Lunch - \$3.15/\$0.40 Snacks: \$0.50 to \$1.25	30 Chicken Tenders Crinkle Cut Fries Steamed Broccoli Ketchup	31 Grilled Cheese Tater Tots Steamed Green Beans Ketchup	1 Cheese Pizza Pepperoni Pizza Garden Salad with Italian
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	4 	5 Chicken Nuggets Brown Rice Seasoned Corn Ketchup	6 WG Mac & Cheese WG Breadstick Italian Green Beans	7 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	8 Cheese Pizza Buffalo Chicken Pizza Garden Salad with Ranch
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	11 Grilled Cheese Crinkle Cut Fries Corn & Tomato Salad Ketchup	12 Chicken Smackers Mashed Potatoes Steamed Corn WG Honey Biscuit	13 Mozzarella Sticks Marinara Sauce Garden Salad with Ranch	14 Corn Dog Nuggets Sweet Potato Fries Steamed Green Beans Ketchup	15 Personal Cheese Pizza Cucumber & Tomato Salad Pumpkin Squares
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	18  Cheeseburger Potato Wedges Steamed Broccoli Ketchup	19 Pizza Crunchers Oven Roasted Zucchini LF Cheese Stick	20 Grandma's Pasta & Meatballs WG Garlic Knot Parmesan Roasted Cauliflower	21 French Toast Sticks Oven Roasted Potatoes Chicken Sausage Patty Maple Syrup	22 Wild Mike Bites Marinara Sauce Caesar Salad
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	25 Crispy Chicken Ranch Wrap Potato Wedges Orange Cinnamon Carrots Ketchup	26 Egg & Cheese on a Croissant Tater Tots Homemade Apple Crisp Ketchup	27 Homemade Pasta with Meat Sauce WG Breadstick Cheesy Summer Squash	28 Meatball Grinders Sweet Potato Fries Roasted Ranch Broccoli	29 Cheese Pizza Bagel Garden Salad with Ranch

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.

Food Service Director
203-879-8145