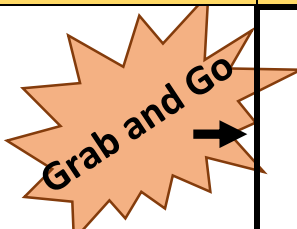









# BLACK ROCK ELEMENTARY SCHOOL MENU – SEPTEMBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Free and Reduced Applications are available online. They can be submitted anytime during the year.		Turkey and Cheese Or Peanut Butter and Jelly Apple Baby Carrots White Milk		Turkey and Cheese Or Peanut Butter and Jelly Orange Cucumber Slices Chocolate Milk	Turkey and Cheese Or Peanut Butter and Jelly Apple Slices Corn Chocolate Milk
Muffin & Yogurt Box **(65g)		Cheeseburger on a WG Bun(34g) Baked French Fries*(15g) Homemade Coleslaw *** (5.58g) Ketchup		Cheeseburger on a WG Bun(34g) Baked French Fries*(15g) Homemade Coleslaw *** (5.58g) Ketchup	Chicken Nuggets Brown Rice*(18g) Corn off the Cob*(20g) Ketchup
Plain Bagel Box(32g)	Meatball Grinder on a WG Grinder Roll(30.5g) <b>Cheesy Summer Squash</b> *(2.4g) Kettle Baked Chips*(9g)	Stuffed Crust Cheese Pizza(36g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing*** (2.45g)		Meatball Grinder on a WG Grinder Roll(30.5g) <b>Cheesy Summer Squash</b> *(2.4g) Kettle Baked Chips*(9g)	Stuffed Crust Cheese Pizza(36g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing*** (2.45g)
Peanut Butter & Jelly on WW Bread(43g)	Crispy Chicken Sandwich (39g) Lettuce*(0.8g), Tomato*(0.12g) Onion Rings(28g) Fresh Cucumber and Tomato Salad*(3.29g)	Pizza Crunchers(41g) Sweet Potatoes Fries *(42g) Garden Salad with Ranch Dressing*** (2.45g)		Crispy Chicken Sandwich (39g) Lettuce*(0.8g), Tomato*(0.12g) Onion Rings(28g) Fresh Cucumber and Tomato Salad*(3.29g)	Pizza Crunchers(41g) Sweet Potatoes Fries *(42g) Garden Salad with Ranch Dressing*** (2.45g)
			Group A Mondays & Tuesdays Group B Thursdays & Fridays	<b>Every Day Offerings:</b> Assorted Fresh Fruit & Veggie Tray Canned Fruit Full Pay Lunch: \$3.00 Reduced Lunch: \$0.40	 <b>ONLINE MEAL PAYMENTS</b>

\*GLUTEN FREE  
\*\*CONTAINS EGG  
(CARB COUNTS)

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

Nicole Maxellon, MS  
Food Service Director  
203-879-8145