





BLACK ROCK ELEMENTARY SCHOOL MENU – NOVEMBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	Every Day Offerings: Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit Twice Per Week: 100% Fruit Juice	Chicken Nuggets Potato Wedges Orange Cinnamon Carrots Ketchup	Homemade Pasta with Meat Sauce WG Breadstick Roasted Zucchini	Meatball Grinders Sweet Potato Fries Roasted Ranch Broccoli	Wild Mike Bites Marinara Sauce Caesar Salad
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	Dutch Waffle Scrambled Eggs Maple Syrup Tater Tots	 ELECTION DAY NO SCHOOL	Cheese Ravioli with Marinara Sauce Steamed Broccoli WG Garlic Knot	Grilled Cheese Oven Baked Fries Steamed Green Beans Ketchup	 Veterans Day NO SCHOOL
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	Chicken Tenders Brown Rice Seasoned Corn Ketchup	WG Pancakes LF Cheese Stick Oven Roasted Potatoes Homemade Apple Crisp	WG Mac & Cheese WG Breadstick Italian Green Beans	All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	Cheese Pizza Buffalo Chicken Pizza Garden Salad with Ranch
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	Crispy Chicken Sandwich Crinkle Cut Fries Corn & Tomato Salad Ketchup	Popcorn Chicken Mashed Potatoes Steamed Corn WG Honey Biscuit	 Wishing Everyone a Safe and Happy Holiday THANKSGIVING BREAK		
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	Cheeseburger Potato Wedges Steamed Broccoli Ketchup	Pizza Crunchers Seasoned Corn LF Cheese Stick	Grandma's Pasta & Meatballs WG Garlic Knot Italian Green Beans	 TITAN A LINQ SOLUTION	

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.

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