

# BLACK ROCK ELEMENTARY SCHOOL MENU – NOVEMBER 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Box Turkey Sandwich Peanut Butter & Jelly	1 Egg & Cheese on a Croissant Tater Tots Warm Apples with Cinnamon Ketchup	2 Chicken Nuggets Potato Wedges <b>Orange Cinnamon Carrots</b> Ketchup	3 Baked Ziti <b>Oven Roasted Zucchini</b> WG Sugar Cookie	4 Beef Nachos Cheddar Cheese & Salsa Seasoned Black Beans	5 Wild Mike Bites Marinara Sauce <b>Garden Salad with Ranch</b>
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	8 French Toast Sticks Oven Roasted Potatoes Turkey Sausage Patty Maple Syrup	9 Popcorn Chicken Mashed Potatoes Steamed Corn Honey Biscuit Ketchup	10 Homemade Pasta and Meat Sauce WG Garlic Knot <b>Cheesy Summer Squash</b>	11 	12 
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	15 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	16 Tomato Soup Grilled Cheese Steamed Broccoli	17 WG Mac & Cheese WG Breadstick Italian Green Beans	18 Corn Dog Nuggets Sweet Potato Fries Ketchup	19 Cheese Pizza Pepperoni Pizza <b>Garden Salad with Italian</b>
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	22 Mini Maple Pancakes Scrambled Eggs Tater Tots Maple Syrup	23 Cheeseburger Potato Wedges <b>Creamy Coleslaw</b> Ketchup	24 	25 	26 
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	29 Chicken and Waffles Steamed Broccoli Maple Syrup	30 Crispy Chicken Sandwich Crinkle Cut Fries <b>Corn &amp; Tomato Salad</b> Ketchup	 <b>ONLINE MEAL PAYMENTS</b>	<b>Every Day Offerings:</b> Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit <b>Twice Per Week:</b> 100% Fruit Juice	



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