

BLACK ROCK ELEMENTARY SCHOOL MENU – JANUARY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Box Ham Sandwich Peanut Butter & Jelly	3 Grilled Cheese Potato Wedges Steamed Broccoli Ketchup	4 Cheeseburger Tater Tots Steamed Corn Ketchup	5 Mozzarella Sticks Marinara Sauce Garden Salad with Ranch	6 Chicken Tenders Brown Rice Steamed Corn Ketchup	7 Personal Cheese Pizza Cucumber & Tomato Salad Pumpkin Squares
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	10 French Toast Sticks Oven Roasted Potatoes Turkey Sausage Patty Maple Syrup	11 Crispy Chicken Sandwich Crinkle Cut Fries Corn & Tomato Salad Ketchup	12 Grandma's Pasta & Meatballs WG Breadstick Parmesan Roasted Cauliflower	13 Sweet & Sour Chicken Brown Rice Steamed Broccoli	14 Stuff Crust Pizza Garden Salad with Ranch Dressing
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	17 	18 Chicken Nuggets Potato Wedges Orange Cinnamon Carrots Ketchup	19 Baked Ziti Oven Roasted Zucchini WG Chocolate Chip Cookie	20 Egg & Cheese on a Croissant Tater Tots Warm Apples with Cinnamon Ketchup	21 Wild Mike Bites Marinara Sauce Garden Salad with Ranch
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	24 Corn Dog Nuggets Sweet Potato Fries Ketchup	25 Popcorn Chicken Mashed Potatoes Steamed Corn Honey Biscuit Ketchup	26 Homemade Pasta and Meat Sauce WG Breadstick Cheesy Summer Squash	27 Beef Nachos Cheddar Cheese & Salsa Seasoned Black Beans	28 Pizza Crunchers Cucumber & Tomato Salad LF Cheese Stick
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	31 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup		 ONLINE MEAL PAYMENTS	Every Day Offerings: Assorted Fresh Fruit Rainbow Veggie Tray Canned Fruit Twice Per Week: 100% Fruit Juice	

Main Meal = Choice 1 Box Meal = Choice 2 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