

BLACK ROCK ELEMENTARY SCHOOL MENU – JANUARY 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Plain Bagel Box Ham Sandwich PB&J	1 Happy New Year! No School Lunch is paid this year - \$3.15 per lunch, free for those free and reduced meals	2 Chicken Smackers Mashed Potatoes Steamed Corn WG Honey Biscuit	3 Mozzarella Sticks Marinara Sauce Garden Salad with Ranch	4 Grilled Cheese Crinkle Cut Fries Tomato Soup Ketchup	5 Personal Cheese Pizza Cucumber & Tomato Salad Pumpkin Squares
Muffin & Yogurt Box Turkey Sandwich PB&J	8 Cheeseburger Potato Wedges Steamed Broccoli Ketchup	9 Pizza Crunchers Oven Roasted Zucchini LF Cheese Stick	10 Grandma's Pasta and Meatballs WG Garlic Knot Parmesan Roasted Cauliflower	11 French Toast Sticks Oven Roasted Potatoes Chicken Sausage Patties Maple Syrup	12 Wild Mike Bites Marinara Sauce Caesar Salad
Plain Bagel Box Ham Sandwich PB&J	15 MLK Day No School	16 Egg and Cheese on a Croissant Tater Tots Homemade Apple Crisp Ketchup	17 Homemade Pasta and Meat Sauce WG Breadstick Cheesy Squash	18 Meatball Grinder Sweet Potato Fries Roasted Ranch Broccoli	19 Cheese Pizza Bagel Garden Salad with Ranch
Muffin & Yogurt Box Turkey Sandwich PB&J	22 Chicken and Waffles Maple Syrup Corn on the Cob	23 Crispy Chicken Sandwich Homemade Potato Salad Pizza Green Beans	24 Chicken or Cheese Quesadilla Salsa, Sour Cream Seasoned Black Beans	25 Pancakes Scrambled Eggs Tater Tots Maple Syrup	26 Cheese Pizza Pepperoni Pizza Garden Salad with Italian
Muffin & Yogurt Box Turkey Sandwich PB&J	28 Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend	29 Chicken Nuggets Tater Tots Seasoned Corn Ketchup	30 WG Mac & Cheese WG Breadstick Italian Green Beans	31 All Beef Hot Dog Crinkle Cut Fries Vegetarian Baked Beans Ketchup	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 Salad/Sandwich Meal = Choice 3 PB&J = Choice 4

BREAKFAST IS FREE FOR ALL!! One meal per student, second breakfast is \$2.00

Bold Indicates Fresh Produce is Used!



Parents can make payments, check transactions and apply for free and reduced meals online @ linqconnect.com

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