

BLACK ROCK ELEMENTARY SCHOOL MENU – SEPTEMBER 2021

	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		1 Grilled Cheese Crinkle Cut Fries Steamed Broccoli Ketchup	2 Chicken Tenders Brown Rice Steamed Corn Ketchup	3 Pizza Crunchers Cucumber & Tomato Salad LF Cheese Stick
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly		7 Chili Potato Tot Bowl Cheddar Cheese Orange Cinnamon Carrots WG Sugar Cookie	8 WG Mac & Cheese WG Breadstick Italian Green Beans	9 Corn Dog Nuggets Sweet Potato Fries Ketchup	10 Cheese Pizza Pepperoni Pizza Garden Salad with Italian
Plain Bagel Box Ham Sandwich Peanut Butter & Jelly	13 Mini Maple Pancakes Scrambled Eggs Tater Tots Maple Syrup	14 Cheeseburger Potato Wedges Creamy Coleslaw Ketchup	15 Mozzarella Sticks Marinara Sauce Garden Salad with Ranch	16 Chicken Tenders Brown Rice Seasoned Corn Ketchup	17 Personal Cheese Pizza Cucumber & Tomato Salad Pumpkin Squares
Muffin & Yogurt Box Turkey Sandwich Peanut Butter & Jelly	 20 Chicken and Waffles Steamed Broccoli Maple Syrup	21 Crispy Chicken Sandwich Crinkle Cut Fries Corn & Tomato Salad Ketchup	22 Grandma's Pasta & Meatballs WG Garlic Knot Parmesan Roasted Cauliflower	23 Sweet & Sour Chicken Brown Rice Steamed Edamame	24 Stuff Crust Pizza Garden Salad with Italian
Cereal Box Turkey Sandwich Peanut Butter & Jelly	27 Egg & Cheese on a Croissant Tater Tots Warm Apples with Cinnamon Ketchup	28 Chicken Nuggets Potato Wedges Orange Cinnamon Carrots Ketchup	29 Baked Ziti Oven Roasted Zucchini WG Sugar Cookie	30 Beef Nachos Cheddar Cheese & Salsa Seasoned Black Beans	 ONLINE MEAL PAYMENTS

Bold Indicates Fresh Produce is Used!

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.

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