



**Pembroke Hill Lower School Menu May 2018**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p><b>1</b>  <i>Italian sausage sub</i>  <i>Vegetable strata</i></p>	<p><b>2</b>  <i>Cheese lasagna</i>  <i>Italian Meat &amp; Rice</i>  <i>stuffed peppers</i>  <i>Mixed greens w/</i>  <i>vinaigrette</i>  <i>Vegetable medley</i>  <i>Garlic toast</i></p>	<p><b>3</b>  <i>Bbq chicken</i>  <i>Zucchini &amp; Quinoa</i>  <i>Fritters w/ Dipping</i>  <i>Sauce</i>  <i>Cheesy potatoes</i>  <i>Mixed vegetables</i></p>	<p><b>4</b>  <i>Slow Roasted Philly</i>  <i>Cheese Steak Sub</i>  <i>Veggie wrap</i>  <i>Sweet Potato Chips</i>  <i>Cole slaw</i></p>
<p><b>7</b>  <i>Cornflake Crusted Chicken</i>  <i>Tenders</i>  <i>Garlic roasted tomato &amp;</i>  <i>spinach flatbread</i>  <i>Oven fries</i>  <i>Steamed broccoli</i></p>	<p><b>8</b>  <i>Teriyaki drumsticks</i>  <i>Ginger &amp; Sesame Ramen</i>  <i>Noodles</i>  <i>Veggie fried rice</i>  <i>Asian Blend Vegetables</i></p>	<p><b>9</b>  <i>Kansas City Bbq Pork on</i>  <i>wheat rolls</i>  <i>Cheesy corn casserole</i>  <i>Potato medley</i>  <i>Apple slaw</i></p>	<p><b>10</b>  <i>Roasted Lemon &amp; Garlic</i>  <i>Chicken</i>  <i>Greek vegetable</i>  <i>quesadilla</i>  <i>Pasta primavera</i>  <i>Steamed green beans</i></p>	<p><b>11</b>  <i>Cheese pizza</i>  <i>Supreme Combo Pizza</i>  <i>Caesar salad</i>  <i>Squash medley</i></p>
<p><b>14</b>  <i>Cheese &amp; Veggie Nachos</i>  <i>Baked Chicken</i>  <i>Chimichangas w/ red pepper</i>  <i>sauce</i>  <i>Cilantro lime rice</i>  <i>Mexican corn</i></p>	<p><b>15</b>  <i>Pizza pasta w/ sausage,</i>  <i>pepperoni &amp; ground beef</i>  <i>Eggplant roll ups</i>  <i>Chef's Salad</i>  <i>Vegetable Medley</i>  <i>Cracked wheat dinner roll</i></p>	<p><b>16</b>  <i>Rosemary Roasted Turkey</i>  <i>Vegetable Panini</i>  <i>Whipped Potatoes</i>  <i>Steamed Peas</i></p>	<p><b>17</b>  <i>Hot Ham &amp; Cheese</i>  <i>Sliders</i>  <i>Spring Vegetable frittata</i>  <i>Wild rice pilaf</i>  <i>Steamed broccoli</i></p>	<p><b>18</b>  <i>Chicken breast w/</i>  <i>marinara &amp; Italian</i>  <i>Cheese</i>  <i>Baked Zucchini Sticks</i>  <i>Linguine w/ fresh herbs</i>  <i>Baby Carrots w/ oregano</i>  <i>&amp; Garlic</i></p>
<p><b>21</b>  <i>Sloppy Joe</i>  <i>Cauliflower au gratin</i>  <i>Oven Fries</i>  <i>Peas &amp; Carrots</i></p>	<p><b>22</b>  <i>Pork Carnitas</i>  <i>on flour tortillas</i>  <i>Chili Rellano casserole</i>  <i>Tex Mex rice</i>  <i>Mexican slaw</i></p>	<p><b>23</b>  <i>Chili Frito Pie</i>  <i>Broccoli &amp; Cheese Quiche</i>  <i>Buttered rice</i>  <i>Vegetable Medley</i></p>	<p><b>24</b>  <i>Turkey franks</i>  <i>Veggie Pita</i>  <i>Potato Chips</i>  <i>Molasses baked beans</i></p>	<p><b>25</b>  <i>Early dismissal</i></p>
<p><b>28</b>  <i>No School</i></p>	<p><b>29</b>  <i>Summer School Menu</i></p>	<p><b>30</b>  <i>Summer School Menu</i></p>	<p><b>31</b>  <i>Summer school Menu</i></p>	