



*Pembroke Hill Lower School Menu August 2018*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p align="center"><b>20</b></p> <p align="center"><i>Beef soft tacos Veggie &amp; black bean tacos Tex Mex quinoa &amp; brown rice Mexican slaw w/ mango &amp; pineapple</i></p>	<p align="center"><b>21</b></p> <p align="center"><i>Baked chicken tenders w/ Dipping sauces Vegetarian chickpea "chicken" nuggets Pasta primavera Steamed broccoli</i></p>	<p align="center"><b>22</b></p> <p align="center"><i>Cheese pizza Meat lovers Stromboli Garden salad Squash medley</i></p>	<p align="center"><b>23</b></p> <p align="center"><i>Italian pot roast au jus Caprese quiche Whipped potatoes Honey thyme carrots</i></p>	<p align="center"><b>24</b></p> <p align="center"><i>Roasted chicken w/ herbs Zucchini Parmesan fritters w/ marinara Wild rice pilaf Steamed green beans</i></p>
<p align="center"><b>27</b></p> <p align="center"><i>Beefaroni Three cheese &amp; summer vegetable frittata Mixed greens w/ vinaigrette Roasted cauliflower</i></p>	<p align="center"><b>28</b></p> <p align="center"><i>Asian honey chicken Crispy tofu w/ sweet chili sauce Jasmine rice Chinese vegetable blend</i></p>	<p align="center"><b>29</b></p> <p align="center"><i>Hamburgers House Made Veggie Burgers Ranch potato wedges Molasses baked beans</i></p>	<p align="center"><b>30</b></p> <p align="center"><i>Glazed ham Veggie stuffed squash Mac &amp; Cheese Roasted broccoli</i></p>	<p align="center"><b>31</b></p> <p align="center"><i>Sloppy Joe on whole wheat roll Buffalo Falafel pita w/ cucumber sauce House made sweet potato chips Creamy Cole Slaw</i></p>



*Pembroke Hill Lower School Menu September 2018*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>3</b></p> <p><i>Spaghetti w/ Meat sauce</i>  <i>Spaghetti w/ Marinara</i>  <i>Caesar Salad</i>  <i>Sautéed summer squash</i></p>	<p><b>4</b></p> <p><i>Lemon chicken</i>  <i>Garden vegetable &amp; Cheese</i>  <i>Stromboli</i>  <i>Sour cream &amp; chive red potatoes</i>  <i>Roasted baby carrots</i></p>	<p><b>5</b></p> <p><i>Garlic &amp; Herb pork loin</i>  <i>Summer vegetable &amp; hummus wraps</i>  <i>pasta w/ tomato &amp; fresh basil</i>  <i>Vegetable medley</i></p>	<p><b>6</b></p> <p><i>Football Season Kick Off</i>  <i>Boneless Honey Bbq</i>  <i>Chicken Fingers</i>  <i>Spinach dip stuffed galette</i>  <i>Ranch Seasoned Fries</i>  <i>Sautéed green beans</i></p>	<p><b>7</b></p> <p><i>Hawaiian pulled beef tacos</i>  <i>Mango &amp; Black Bean Tacos</i>  <i>Hawaiian Brown Rice</i>  <i>Tropical Fruit Slaw</i></p>
<p><b>10</b></p> <p><i>Sloppy Joes on wheat rolls</i>  <i>Butternut squash fritters w/ yogurt dipping sauce</i>  <i>Steak fries</i>  <i>Steamed broccoli</i></p>	<p><b>11</b></p> <p><i>Baked chicken</i>  <i>Broccoli &amp; Cheddar Quiche</i>  <i>Wild Rice Pilaf</i>  <i>Steamed Green beans</i></p>	<p><b>12</b></p> <p><i>Italian sausage sub w/ peppers &amp; onions</i>  <i>Vegetarian “meatball” sub</i>  <i>Sweet potato chips</i>  <i>Steamed peas</i></p>	<p><b>13</b></p> <p><i>Baked Pasta</i>  <i>Chicken Parmesan</i>  <i>stuffed Zucchini Boats</i>  <i>Italian salad</i>  <i>Steamed cauliflower</i></p>	<p><b>14</b></p> <p><i>Hamburgers</i>  <i>Veggie burgers</i>  <i>Oven fries</i>  <i>Brown sugar baked beans</i></p>
<p><b>17</b></p> <p><i>Crunchy chicken tacos</i>  <i>Spinach enchiladas w/ cilantro cream</i>  <i>Mexican quinoa &amp; brown rice</i>  <i>Charro beans</i></p>	<p><b>18</b></p> <p><i>Italian meatloaf</i>  <i>Vegetarian “meatloaf”</i>  <i>Whipped potatoes</i>  <i>Steamed baby carrots</i></p>	<p><b>19</b></p> <p><i>Turkey pot pie w/ biscuits</i>  <i>Veggie pot pie cups</i>  <i>Wild rice pilaf</i>  <i>Steamed green beans</i></p>	<p><b>20</b></p> <p><i>Grilled cheese on wheat</i>  <i>Baked cod w/ lemon sauce</i>  <i>Oven fries</i>  <i>Steamed broccoli</i></p>	<p><b>21</b></p> <p><i>Teriyaki drumsticks</i>  <i>General Tso’s cauliflower</i>  <i>Veggie fried brown rice</i>  <i>Asian vegetables w/ ginger &amp; garlic</i></p>
<p><b>24</b></p> <p><i>Cheese pizza</i>  <i>Deep Dish Pepperoni Pizza</i>  <i>Mixed greens w/ vinaigrette</i>  <i>Roasted vegetable medley</i></p>	<p><b>25</b></p> <p><i>Baked Chicken Tenders</i>  <i>Eggplant Parmesan</i>  <i>Buttered Noodles</i>  <i>Honey Thyme Carrots</i></p>	<p><b>26</b></p> <p><i>Memphis Style pulled pork on wheat rolls</i>  <i>Vegetarian barbecue sandwich</i>  <i>Roasted red potatoes w/ barbecue seasoning</i>  <i>Creamy Cole slaw</i></p>	<p><b>27</b></p> <p><i>Beefaroni</i>  <i>Veggie stuffed twice baked potato</i>  <i>Chef’s Salad</i>  <i>California Blend</i>  <i>Vegetables</i></p>	<p><b>28</b></p> <p><i>Sage &amp; Rosemary</i>  <i>Roasted Turkey</i>  <i>Apple &amp; Cranberry</i>  <i>Stuffed Acorn Squash</i>  <i>Mashed Potatoes</i>  <i>Sauteed Green Beans</i></p>