



**August 2018**  
**Pembroke Hill Upper School**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>20 August</b>  <i>Gyro Pita</i> <i>Falafel Pita</i> <i>Couscous Tabbouleh</i> <i>Summer Squash Medley</i>	<b>22 August</b>  <i>Roasted Chicken Breast</i> <i>Stuffed Heirloom Tomatoes</i> <i>Lemon Garlic Penne</i> <i>Roasted Asparagus</i>	<b>23 August</b>  <i>Spaghetti</i> <i>Meat Sauce</i> <i>Marinara</i> <i>Garlic Bread</i> <i>Steamed Broccoli</i>	<b>24 August</b>  <i>Sweet &amp; Sour Chicken</i> <i>Veggie Spring Rolls</i> <i>Steamed Jasmine Rice</i> <i>Sesame Garlic Bok Choy</i>	<b>25 August</b>  <i>Hamburgers</i> <i>Veggie Burgers</i> <i>French Fries</i> <i>Corn on the Cob</i>
<b>27 August</b>  <i>Blackened Chicken</i> <i>Veggie Jambalaya</i> <i>Red Beans &amp; Rice</i> <i>Cajun Succotash</i>	<b>28 August</b>  <i>Roasted Pork Loin</i> <i>Roasted Veggie Wraps</i> <i>Roasted Potato Medley</i> <i>California Veggie Mix</i>	<b>29 August</b>  <i>Big Kahuna Chicken</i> <i>Sandwich</i> <i>Hawaiian Stuffed</i> <i>Peppers</i> <i>Island Rice Pilaf</i> <i>Pacific Stir Fry</i>	<b>30 August</b>  <i>Pepperoni Pizza</i> <i>Cheese Pizza</i> <i>Breadsticks w/ Marinara</i> <i>Steamed Broccoli</i>	<b>30 August</b>  <i>Baja Fish Tacos</i> <i>Baja Veggie Tacos</i> <i>Cilantro lime Rice</i> <i>Corn &amp; Black Bean Salsa</i>



**September 2018 Menu  
Pembroke Hill Upper School**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>3 September</b>  <b>No School</b>	<b>4 September</b>  <b>Lemon Garlic Chicken</b> <b>Lemon Garlic Veggies</b> <b>Linguine Alfredo</b> <b>Steamed Broccoli</b>	<b>5 September</b>  <b>Grilled Cheese</b> <b>Tomato Basil Soup</b> <b>Loaded Baked Potato</b> <b>Soup</b> <b>Peas &amp; Carrots</b>	<b>6 September</b>  <b>Fish Sticks</b> <b>Tempura Veggies</b> <b>Home Fries</b> <b>Creamy Coleslaw</b>	<b>7 September</b>  <b>Meatball Subs</b> <b>Eggplant Parm Subs</b> <b>Penne w/ Pesto Marinara</b> <b>Roasted Veggies</b>
<b>10 September</b>  <b>Baked Pesto Salmon</b> <b>Spanakopita</b> <b>Wild Rice</b> <b>Roasted Asparagus</b>	<b>11 September</b>  <b>Chicken Enchiladas</b> <b>Spinach &amp; Mushroom</b> <b>Enchiladas</b> <b>Spanish Rice</b> <b>Mexican Corn</b>	<b>12 September</b>  <b>Sesame Chicken</b> <b>Sesame Zucchini</b> <b>“Noodles”</b> <b>Asian Fried Rice</b> <b>Steamed Edamame</b>	<b>13 September</b>  <b>Italian Sausage w/</b> <b>Peppers &amp; Onions</b> <b>Pasta Marinara</b> <b>Vegetable Medley</b>	<b>14 September</b>  <b>BBQ Pulled Pork Sliders</b> <b>BBQ Portobello’s</b> <b>Onion Rings</b> <b>Southern Green Beans</b>
<b>17 September</b>  <b>Baked Potato Bar</b> <b>Meat Chili</b> <b>3 Bean Chili</b> <b>Steamed Broccoli</b>	<b>18 September</b>  <b>Jamaican Jerk Chicken</b> <b>Island Quinoa Veggie Wraps</b> <b>Caribbean Rice</b> <b>Jamaican Vegetable Medley</b>	<b>19 September</b>  <b>Spaghetti</b> <b>Meat Sauce</b> <b>Marinara</b> <b>Garlic bread Sticks</b> <b>Steamed Broccoli</b>	<b>20 September</b>  <b>Breaded Chicken</b> <b>Tenders</b> <b>Marinated Portobello’s</b> <b>Mac &amp; Cheese</b> <b>Sautéed Green Beans</b>	<b>21 September</b>  <b>CHIEFS HOME OPENER</b> <b><u>TAILGATE PARTY!!</u></b> <b>Beef Brisket</b> <b>Southwest Egg Rolls</b> <b>Chili Mac</b> <b>Apple Slaw</b>
<b>24 September</b>  <b>Blueberry Pancakes</b> <b>Sausage Links</b> <b>Veggie Quiche</b> <b>Warm Apple sauce</b>	<b>25 September</b>  <b>Mediterranean Chicken</b> <b>Eggplant Moussaka</b> <b>Lemon Basil Risotto</b> <b>Sautéed squash Medley</b>	<b>26 September</b>  <b>Beef Tacos</b> <b>Veggie Sopas w/Avocado</b> <b>Salad</b> <b>Cilantro Lime Rice</b> <b>Roasted Chili Corn</b>	<b>27 September</b>  <b>Roasted Turkey Breast</b> <b>Stuffed Tomatoes</b> <b>Mashed Potatoes</b> <b>Honey Thyme Carrots</b>	<b>28 September</b>  <b>Baked Cod</b> <b>Marinated Portobello’s</b> <b>Wild Rice Pilaf</b> <b>Roasted Veggies</b>