



Pembroke Hill Lower School Menu December 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 December <i>Chicken Parmesan Pasta Bake</i> <i>Caprese frittata w/ tomato & Fresh Basil</i> <i>Italian salad</i> <i>Vegetable medley</i>	4 December <i>Pork loin w/ fresh rosemary</i> <i>Broccoli & Cheddar Cakes w/ dipping sauce</i> <i>Wild Rice Blend Pilaf</i> <i>Sautéed green beans</i>	5 December <i>Baked fish & Chips</i> <i>Baked Cornflake Crusted Cod</i> <i>Old Bay Crispy Baked Tofu "fish sticks"</i> <i>Oven fries</i> <i>Creamy Cole Slaw</i>	6 December <i>Lemon & Thyme Roasted chicken</i> <i>Baked squash w/ crumb topping & Parmesan Cheese</i> <i>Pasta primavera</i> <i>Steamed Baby Carrots</i>	7 December <i>Meatball sub w/ Marinara</i> <i>Hummus, roasted vegetable & cheese flatbread</i> <i>Sweet potato fries</i> <i>Steamed peas</i>
10 December <i>Italian Crumb crusted chicken breast</i> <i>Ricotta & Spinach stuffed zucchini boats</i> <i>Gemelli pasta w/ garlic & fresh herbs</i> <i>Zucchini w/ grape tomatoes</i>	11 December <i>Scrambled Eggs</i> <i>Mixed berry & buttermilk pancake casserole</i> <i>Sausage links</i> <i>Potatoes O'Brien</i> <i>Cinnamon Applesauce</i>	12 December <i>Crunchy Beef Tacos</i> <i>Baked Mexican vegetable & cheese quesadilla</i> <i>Cilantro lime rice</i> <i>Refried beans</i> <i>Assorted toppings</i>	13 December <i>Brown Sugar & Pineapple glazed Pit Ham</i> <i>Cranberry, lentil & quinoa stuffed butternut squash</i> <i>Whipped Potatoes</i> <i>Roasted broccoli</i>	14 December <i>Cheese French bread pizza</i> <i>Beef & Rice stuffed peppers</i> <i>Caesar salad</i> <i>Squash medley</i>
17 December <i>Hot Turkey & Cheese Croissant Sandwich</i> <i>Baked Eggplant Fritters</i> <i>Sweet Potato Fries</i> <i>Apple Slaw</i>	18 December <i>Chili Frito Pie</i> <i>Veggie Chili Frito Pie</i> <i>Brown Rice Pilaf</i> <i>Steamed broccoli</i>	19 December <i>BBQ Drumsticks</i> <i>Roasted vegetable & Provolone Stromboli</i> <i>Buttered noodles</i> <i>Honey Thyme Carrots</i>	20 December <i>Sloppy Joes on Wheat Rolls</i> <i>Winter vegetable strata</i> <i>Oven fries</i> <i>Mixed vegetables</i>	21 December <i>Early Dismissal</i>
24 December <i>Winter Break</i>	25 December <i>Winter Break</i>	26 December <i>Winter Break</i>	27 December <i>Winter Break</i>	28 December <i>Winter Break</i>