



*Pembroke Hill Lower School Menu March 2019*

| <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Thursday</i>  | <i>Friday</i>  |
|---|--|---|--|--|
|   |  |   |  | <p><b>1</b><br/> <i>Honey Mustard Glazed Pork Loin</i><br/> <i>Cauliflower &amp; Cheddar fritters w/ dipping sauce</i><br/> <i>Wild rice pilaf</i><br/> <i>Steamed seasoned baby carrots</i></p>                     |
| <p><b>4</b><br/> <i>Kansas City Bbq Chicken</i><br/> <i>Roasted Vegetable Strudel</i><br/> <i>Butter &amp; Herb rice</i><br/> <i>Sauteed green beans</i></p>                              | <p><b>5</b><br/> <i>Baked Pasta w/ marinara &amp; parmesan</i><br/> <i>Quiche Lorraine</i><br/> <i>Mixed green salad w/ vinaigrette</i><br/> <i>Roasted cauliflower</i></p>        | <p><b>6</b><br/> <i>Sloppy Joes</i><br/> <i>Spinach, tomato &amp; Italian Cheese Flatbread</i><br/> <i>Sweet potato fries</i><br/> <i>Steamed seasoned broccoli</i></p>                                 | <p><b>7</b><br/> <i>Chicken soft tacos w/ toppings bar</i><br/> <i>Corn &amp; Black Bean Taco casserole</i><br/> <i>Southwest Couscous</i><br/> <i>Zucchini &amp; Tomatoes w/ cumin</i></p>                | <p><b>8</b><br/> <i>Italian Sausage sub w/ sauteed peppers &amp; onions</i><br/> <i>Winter vegetable Frittata</i><br/> <i>Ranch steak fries</i><br/> <i>Steamed seasoned vegetable medley</i></p>                    |
| <p><b>11</b><br/> <i>Spring Break</i></p>   | <p><b>12</b><br/> <i>Spring Break</i></p>  | <p><b>13</b><br/> <i>Spring Break</i></p>   | <p><b>14</b><br/> <i>Spring Break</i></p>  | <p><b>15</b><br/> <i>Spring Break</i></p>  |
| <p><b>18</b><br/> <i>Spring Break</i></p>   | <p><b>19</b><br/> <i>Spring Break</i></p>  | <p><b>20</b><br/> <i>Spring Break</i></p>   | <p><b>21</b><br/> <i>Spring Break</i></p>  | <p><b>22</b><br/> <i>Spring Break</i></p>  |
| <p><b>25</b><br/> <i>Baked potato bar</i><br/> <i>Beef chili</i><br/> <i>Vegetarian chili</i><br/> <i>Cheese sauce</i><br/> <i>Steamed broccoli</i><br/> <i>Assorted toppings bar</i></p> | <p><b>26</b><br/> <i>Cheese French bread pizza</i><br/> <i>Chicken Alfredo stuffed bell peppers</i><br/> <i>Chef's salad</i><br/> <i>Squash Medley w/ oregano &amp; garlic</i></p> | <p><b>27</b><br/> <i>Beef burgers on wheat buns</i><br/> <i>House made veggie burgers</i><br/> <i>Bbq seasoned oven fries</i><br/> <i>Apple &amp; Broccoli Slaw</i><br/> <i>Burger toppings bar</i></p> | <p><b>28</b><br/> <i>Herb Roasted Chicken</i><br/> <i>Chickpea &amp; Italian Breadcrumb Stuffed Squash</i><br/> <i>Gemelli Pasta w/ lemon &amp; Parmesan</i><br/> <i>Steamed Seasoned Baby Carrots</i></p> | <p><b>29</b><br/> <i>Pork Carnitas w/ toppings bar</i><br/> <i>Baked Chimichanga w/ Veggies, Beans &amp; Cheese</i><br/> <i>Mexican rice</i><br/> <i>Pineapple &amp; Mango slaw w/ cilantro lime vinaigrette</i></p> |