



Pembroke Hill Lower School Menu May 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 May Chicken sandwich on wheat roll Cauliflower & Cheddar cakes w/ dipping sauce Steak fries Steamed baby carrots	2 May Crunchy beef tacos w/ toppings Corn & black bean stuffed sweet potatoes Southwest couscous Tex Mex Slaw	3 May Turkey Pot Pie w/ biscuits Caprese frittata Butter & Herb Rice Squash medley
6 May Bbq Pulled Pork on wheat rolls Cornbread casserole Sweet Potato Fries Braised Cabbage w/ apples	7 May Beefaroni Veggie & Cheese Stuffed Twice Baked Potato Garden Salad w/ Vinaigrette Roasted Cauliflower	8 May Chicken Tenders w/ Dipping Sauces Veggie & Swiss Quiche Wild Rice Pilaf Steamed green Beans	9 May Picnic Day Beef Hamburgers House made Veggie Burgers Potato Chips Fresh Veggies w/ Ranch Fresh Sliced Melon	10 May Roasted Chicken Broccoli & three cheese strudel Buttered Noodles Steamed Seasoned mixed vegetables
13 May Sliced glazed pit ham Parmesan squash Bake Pasta primavera Steamed green beans	14 May Cheese French bread Pizza Combination deep dish pizza Caesar Salad Steamed Baby Carrots	15 May Chicken Soft Tacos w/ toppings bar Black bean tacos Southwest couscous Mexican Zucchini w/ tomato & Cumin	16 May Meatball sub Greek Vegetable Quesadilla w/ Tzatziki sauce Oven fries Steamed broccoli	17 May Barbecue Chicken Vegetable Stromboli Buttered Noodles Steamed vegetable medley
20 May Italian sausage sub w/ sauteed peppers & Onions Stuffed summer squash Ranch Fries Cole Slaw	21 May Baked Pasta Chicken Alfredo stuffed Peppers Italian Salad Roasted cauliflower	22 May Sloppy Joe Three Cheese Quiche Butter & Herb rice Steamed Seasoned Vegetable Medley	23 May Chicken breast sandwich on wheat roll Veggie & Italian Cheese Flatbread Sweet Potato Fries Steamed green beans	24 May Early Dismissal
27	28	29	30	31