



Pembroke Hill September 2019 Upper School

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<i>Lemon Garlic Chicken Spanakopita Herb Butter Couscous Roasted Asparagus</i>	<i>Beef Lasagna Spinach Mushroom Lasagna Garlic Bread Steamed Broccoli</i>	<i>Chicken Caesar Wrap Roasted Veggie Caesar Wrap Roasted Potatoes Roasted Cauliflower</i>	<i>Meatball Sub Eggplant Parmesan Sub Vegetable Penne Mixed Veggies</i>
<i>Herb Roasted Chicken Drummies Chickpea & Zucchini Sliders Rice Pilaf Sauteed Green Beans</i>	<i>Steak Fajitas Veggie Fajitas Mexican Rice Refried Beans</i>	<i>Cheese Ravioli Marinara Sauce Alfredo Sauce Garlic Bread Steamed Broccoli</i>	<i>Blackened Tilapia Veggie Jambalaya Red Beans & Rice Cajun Succotash</i>	<i>Pepperoni Pizza Cheese Pizza Pesto Penne Pasta Roasted Veggies</i>
<i>Biscuits & Gravy Scrambled Eggs Pork Sausage Links Hash Browns Fresh Cut Fruit Salad</i>	<i>Pork Fried Rice Veggie Fried Rice Veggie Egg Rolls Sesame Green Beans</i>	<i>Herb Roasted Chicken Linguine Alfredo Sauce Garlic Bread Steamed Broccoli</i>	<i>Turkey Reuben Portobello Reuben Roasted Potatoes Vegetable Medley</i>	<i>GO CHIEFS!!!! Beef Brisket Balsamic Glazed Mushroom and Fontina Flatbread Smoked Mac & Cheese Southern Green Beans</i>
<i>Meatloaf Veggie Meatloaf Cauliflower Mashers Roasted Squash</i>	<i>Baja Fish Tacos Baja Veggie Tacos Cilantro Lime Rice Green Chili Corn</i>	<i>Spaghetti Meat Sauce Marinara Garlic Bread Steamed Broccoli</i>	<i>Grilled Cheese w/ Tomato Tomato Soup Buttered Noodles Steamed Carrots</i>	<i>Breaded Chicken Tenders Stuffed Mushrooms Mashed Potatoes Roasted Corn</i>
<i>Chicken Pot Pie Veggie Pot Pie Buttered Noodles Peas & Carrots</i>				