



Pembroke Hill Lower School Menu September 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2</p> <p><i>No School</i></p>	<p>3</p> <p><i>Ground Beef & Elbows w/ Tomato Sauce Veggie & Cheese stuffed lasagna rolls Caesar salad Roasted Vegetable Medley</i></p>	<p>4</p> <p><i>Roast turkey w/ pan juices Baked stuffed tomatoes Provencal Mashed baby red potatoes Steamed seasoned Broccoli</i></p>	<p>5</p> <p><i>Crunchy Chicken Tacos Baked Veggie, black bean & Cheese Chimichanga Spanish Rice Mexican Slaw w/ Fresh Pineapple & Lime Vinaigrette Toppings Bar</i></p>	<p>6</p> <p><i>Brown Sugar & Garlic Glazed Pork Loin Spinach, Tomato & Provolone Panini Buttered Noodles Steamed Baby Carrots</i></p>
<p>9</p> <p><i>Chicken pot pie w/ biscuits Fall vegetable frittata Quinoa & Wild Rice Blend Steamed green beans</i></p>	<p>10</p> <p><i>Pot roast w/ pan gravy Vegetable Gratin Whipped Yukon gold potatoes Braised Cabbage</i></p>	<p>11</p> <p><i>Grilled Cheese on Wheat Baked Cod w/ Lemon Butter & Herb Rice Mixed vegetables</i></p>	<p>12</p> <p><i>Cornflake crusted Chicken Tenders Stuffed Acorn squash Boutie Primavera Roasted Cauliflower</i></p>	<p>13</p> <p><i>Stadium Brats w/ toppings bar Broccoli & Cheese Quiche Oven fries Steamed Seasoned Baby Carrots</i></p>
<p>16</p> <p><i>Mexican Independence Day Cheesy Taco Meat Sliders Vegetarian Tamale Pie Couscous w/ Tomato & Cumin Frijoles de Olla (Mexican Pot Beans)</i></p>	<p>17</p> <p><i>Roasted chicken Zucchini & Quinoa Fritters w/ dipping sauce Orzo w/ parmesan Sauteed Green Beans</i></p>	<p>18</p> <p><i>Baked Potato Bar Beef Chili Three Bean Chili Cheese Sauce Steamed Broccoli Toppings bar</i></p>	<p>19</p> <p><i>Cheese Pizza Veggie Lovers Pizza Chef's Salad Squash w/ grape Tomatoes</i></p>	<p>20</p> <p><i>Chiefs Home Opener Tailgate Lunch KC Bbq Spareribs Cheddar Corn & Veggie Casserole Ranch Seasoned Potato Wedges Apple slaw</i></p>
<p>23</p> <p><i>Sesame & Honey Glazed Chicken Tenders Stir Fry Vegetables w/ Tofu Jasmine Rice Ginger Broccoli</i></p>	<p>24</p> <p><i>Beef Hamburgers House Made Veggie Burgers Steak Fries Molasses Baked Beans</i></p>	<p>25</p> <p><i>Baked penne Chicken Alfredo stuffed Peppers Italian Salad w/ Vinaigrette Roasted Cauliflower</i></p>	<p>26</p> <p><i>Italian sausage sub w/ peppers & onions Veggie & Cheese Tortilla Wrap Sweet potato fries Sauteed Squash Medley</i></p>	<p>2</p> <p><i>Chili Frito Pie Spinach & Swiss Quiche Butter & herb rice Roasted baby carrots</i></p>
<p>30</p>				

