



**Pembroke Hill Lower School Menu January 2020**

| <i>Monday</i>   | <i>Tuesday</i>  | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>   |
|---|---|---|---|---|
|   |   |   |   |   |
| <b>6</b><br><b>Chicken Parmesan pasta</b><br><b>Caprese Frittata</b><br><b>Italian Salad</b><br><b>Steamed Seasoned Cauliflower</b>                           | <b>7</b><br><b>Sliced Pit Ham</b><br><b>Roasted Veggie &amp; cheese wrap</b><br><b>Butter &amp; Herb Rice</b><br><b>Steamed seasoned baby Carrots</b> | <b>8</b><br><b>Beef Hamburgers</b><br><b>House made veggie Burgers</b><br><b>House made Kettle Chips</b><br><b>Molasses Baked Beans</b>   | <b>9</b><br><b>Chicken soft tacos</b><br><b>Spinach &amp; Cheese enchiladas</b><br><b>Mexican Couscous</b><br><b>Chili spiced corn &amp; black beans</b><br><b>Toppings Bar</b> | <b>10</b><br><b>Grilled cheese on honey wheat</b><br><b>Lemon Baked Cod</b><br><b>Ranch Steak fries</b><br><b>Mixed vegetables</b>                          |
| <b>13</b><br><b>Garlic &amp; Herb Roasted Chicken</b><br><b>Parmesan Squash Bake</b><br><b>Wild rice pilaf</b><br><b>Steamed Seasoned Vegetable Medley</b>    | <b>14</b><br><b>Kansas City Bbq Brisket</b><br><b>Glazed Baked Acorn squash</b><br><b>Mac &amp; Cheese</b><br><b>Creamy Cole Slaw</b>                 | <b>15</b><br><b>Baked French Toast</b><br><b>Scrambled eggs</b><br><b>Potatoes O'Brien</b><br><b>Pork sausage Links</b><br><b>( turkey Sausage available)</b><br><b>Cinnamon Applesauce</b> | <b>16</b><br><b>Baked Rigatoni</b><br><b>Chicken &amp; Spinach Stuffed Peppers</b><br><b>Mixed Greens w/ Vinaigrette</b><br><b>Yellow squash w/ Grape Tomatoes</b>              | <b>17</b><br><b>Sloppy Joe on wheat roll</b><br><b>Roasted vegetable flatbread</b><br><b>Baked fries</b><br><b>Steamed Seasoned Green Beans</b>             |
| <b>20</b><br><br><b>No School</b>   | <b>21</b><br><b>Honey Mustard Pork loin</b><br><b>Vegetable Stromboli</b><br><b>Butter &amp; Garlic Noodles</b><br><b>Mixed vegetables</b>            | <b>22</b><br><b>Crunchy Beef Tacos</b><br><b>Refried Bean &amp; Cheese Entomatada</b><br><b>Southwest rice</b><br><b>Mexican slaw w/ mango</b><br><b>Toppings bar</b>                       | <b>23</b><br><b>Roasted turkey w/ fresh rosemary</b><br><b>Broccoli Strudel</b><br><b>Whipped Yukon Gold Potatoes</b><br><b>Honey Thyme carrots</b>                             | <b>24</b><br><b>Teriyaki Chicken Tenders</b><br><b>Cauliflower w/ Thai sauce</b><br><b>Jasmine Rice w/ Ginger &amp; Scallion</b><br><b>Asian Vegetables</b> |
| <b>27</b><br><b>Italian Sausage sub</b><br><b>Eggplant, red pepper &amp; Ricotta grilled cheese</b><br><b>Seasoned Steak fries</b><br><b>Steamed Broccoli</b> | <b>28</b><br><b>Turkey pot pie w/ biscuits</b><br><b>Winter vegetable frittata</b><br><b>Wild rice pilaf</b><br><b>Seasoned green beans</b>           | <b>29</b><br><b>Pot Roast Au Jus</b><br><b>Baked tomato &amp; Artichokes w/ Crumb Topping</b><br><b>Mashed potatoes</b><br><b>Peas &amp; Carrots</b>  | <b>30</b><br><b>Cheese pizza</b><br><b>Veggie lovers pizza</b><br><b>Caesar Salad</b><br><b>Vegetable medley</b>  | <b>31</b><br><b>Bbq chicken</b><br><b>Cauliflower &amp; Cheddar fritters</b><br><b>Buttered noodles</b><br><b>Braised Cabbage</b>                           |