



**Pembroke Hill Lower School Menu March 2020**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b> <i>Chicken tenders w/ dipping sauces Asparagus &amp; Swiss quiche Wild rice pilaf Steamed Seasoned Green beans</i>	<b>3</b> <i>Pot Roast w/ Pan Gravy Vegetable Stromboli Mashed Yukon Gold Potatoes Mixed Vegetables</i>	<b>4</b> <i>Pulled Pork Carnitas Refried Bean &amp; Cheese Taquitos Spanish Rice Cumin Spiced Squash &amp; Tomatoes</i>	<b>5</b> <i>Bbq chicken drumsticks Apple stuffed Acorn Squash Buttered noodles Bbq Spiced Baby Carrots</i>	<b>6</b> <i>Friday Fish &amp; Chips Crispy Cod fillet w/ tartar sauce Broccoli &amp; Cheddar Bites House made kettle chips Cole slaw</i>
<b>9</b> <i>Meatball Sliders Hummus &amp; Veggie Bowls w/ Pita Slices Steak fries Steamed peas</i>	<b>10</b> <i>Chicken soft tacos Vegetable Quesadilla Southwest couscous Mexican corn &amp; Black Beans Toppings bar</i>	<b>11</b> <i>Glazed pork loin Parmesan squash bake Herbed Rice Pilaf Honey Thyme Carrots</i>	<b>12</b> <i>Sloppy Joe on wheat roll Veggie &amp; Cheese Frittata Ranch seasoned baked diced potatoes Steamed Broccoli</i>	<b>13</b> <i>Cheese ravioli w/ Red Sauce Baked white Fish w/ Lemon Mixed Green Salad w/ Vinaigrette Vegetable Medley</i>
<b>16</b> <i>Spring Break</i>	<b>17</b> <i>Spring Break</i>	<b>18</b> <i>Spring Break</i>	<b>19</b> <i>Spring Break</i>	<b>20</b> <i>Spring Break</i>
<b>23</b> <i>Spring Break</i>	<b>24</b> <i>Spring Break</i>	<b>25</b> <i>Spring Break</i>	<b>26</b> <i>Spring Break</i>	<b>27</b> <i>Spring Break</i>
<b>30</b> <i>Italian Sausage Sub w/ Sauteed Peppers &amp; onions Stuffed zucchini squash Oven fries Steamed Seasoned Broccoli</i>	<b>31</b> <i>Baked Chicken Parmesan Pasta Veggie Quiche Chef's salad Roasted Cauliflower</i>			