



Pembroke Hill Lower School Menu September 2020

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
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| <p>**Chef's Salad Offered Daily** <i>Italian Dressing Ranch Dressing Honey Mustard Dressing French Dressing</i></p> | <p>1 1-Taco Meat Sliders 2-Refried Bean & Cheese Taquitos 3-Ham & Cheese Croissant Sandwich Southwest Couscous Zucchini & Tomato w/ cumin</p> | <p>2 1-Glazed pork Loin 2-Summer Squash Fritters 3- Chicken & Cheese Wrap Wild Rice Pilaf Steamed baby carrots</p> | <p>3 1-Beefaroni 2-Eggplant "meatballs" w/ marinara/pasta side 3-Sun Butter & Jelly sandwich Vegetable medley Dinner roll</p> | <p>4 1-Bbq chicken 2-Cornbread Casserole 3-chicken Caesar wrap Cheesy potatoes Steamed Broccoli</p> |
| <p>7 No school</p> | <p>8 1-Sloppy Joe 2-spinach, tomato & ricotta quiche 3-Ham & Cheese Croissant Sandwich Kettle chips Mixed vegetables</p> | <p>9 1-Chicken Pot Pie w/ biscuits 2-Broccoli & Cauliflower casserole 3- Chicken & Cheese Wrap Butter & Herb Rice Steamed Baby Carrots</p> | <p>10 1-Chili Frito Pie 2-Veggie Quesadillas 3-Sun Butter & Jelly Sandwich Southwest Couscous Mexican Black Beans</p> | <p>11 1-Roast Turkey w/ pan Juices 2-Parmesan Squash Bake 3-Roast Beef & Cheese on whole wheat Lemon & Garlic Orzo Steamed Green Beans</p> |
| <p>14 1-Lemon & Thyme roasted chicken 2-Veggie Flatbread 3-turkey & cheese sandwich Wild rice pilaf Steamed broccoli</p> | <p>15 1-Apple sheet pan pancakes w/ Maple Syrup 2-Baked Egg & Cheese Breakfast Omelet 3-Ham & Cheese Croissant Sandwich Mini potato cake/ Sausage links applesauce</p> | <p>16 1-Italian Style Pot Roast 2-Broccoli & cheddar muffins 3-Chicken & Cheese wrap Gemelli w/ spinach & Tomato Summer squash w/ garlic & oregano</p> | <p>17 1-Bubble-up Three Cheese pan pizza 2-Veggie & Quinoa stuffed Zucchini Boats 3-sun butter & jelly sandwich Vegetable medley</p> | <p>18 1-Meatloaf 2- Spinach & Cheese Strudel 3-Tuna salad wrap Mashed Potatoes Steamed Baby Carrots</p> |
| <p>21 1-Maple Glazed Ham 2-veggie quiche 3-turkey & cheese sandwich Macaroni & Cheese Steamed peas</p> | <p>22 1-Southern Style Buttermilk Chicken Tenders 2-Breaded Tofu Tenders 3-Ham & Cheese Croissant sandwich Whipped Potatoes Honey thyme carrots</p> | <p>23 1-ravioli lasagna w/ ground beef 2-vegetarian ravioli lasagna 3-Chicken & Cheese wrap Steamed green beans Dinner roll</p> | <p>24 1-chicken taco casserole 2- Fiesta bean & cheese Chimichanga 3-sun butter & jelly sandwich Mexican rice Southwest mixed vegetables</p> | <p>25 1-Italian sausage sub 2-Cauliflower Parmesan 3- Veggie Hummus Wrap Roasted potatoes Steamed broccoli</p> |
| <p>28 1-Chicken & Vegetable Ramen noodles 2-Veggie Fried rice w/ tofu 3-turkey & cheese sandwich Veggie egg roll Garlic Broccoli</p> | <p>29 1-Bbq Beef Sandwich 2-Fall vegetable strata 3-Ham & Cheese Croissant Sandwich Kettle chips Molasses Baked Beans</p> | <p>30 1-ziti w/ red sauce 2-Vegetarian "sausage" Stromboli 3-Chicken & Cheese wrap Steamed green beans</p> | | |