



Pembroke Hill Lower School Menu November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>1-Italian Style Beef Pot Roast 2-Caprese quiche w/ Mozzarella, tomato & Fresh basil 3-turkey & cheese sandwich Whipped baby red potatoes Garlic Butter Baby Carrots</i>	3 <i>1-Chicken soft tacos w/ sour cream & salsa 2-Veggie enchiladas w/ Queso Sauce 3-hot ham & cheese croissant sandwich Mexican rice Refried beans</i>	4 <i>1-Sloppy Joe 2-Veggie Flatbread 3-chicken & cheese wrap Baked Potato Wedges Steamed Broccoli</i>	5 <i>1-Roasted Pork Loin w/ Sauteed Apples & Cider Sauce 2-Pear & Goat Cheese Galette 3-Hot Turkey, Cranberry & Swiss on Brioche Mashed Sweet Potatoes Roasted Brussel Sprouts</i>	6 <i>In Service Day</i> <i>No School</i>
9 <i>1-Lemon & Garlic roasted chicken 2-Roasted Vegetable & Cheese Turnovers 3-Turkey & cheese sandwich Bruschetta Rice Steamed Green Beans</i>	10 <i>1-Chili Frito Pie 2-Vegetarian Chili Frito Pie 3-Hot Ham & Cheese Croissant Sandwich Southwest Couscous Pilaf Zucchini w/ tomato & Cumin</i>	11 <i>1-Sausage & Cheese Breakfast Biscuit 2-Baked Cheddar & Egg Omelet 3-Chicken & Cheese Wrap Breakfast Potatoes Warm House Made Cinnamon Applesauce</i>	12 <i>1-Italian Breaded Chicken fingers w/ Marinara dipping sauce 2-Veggie Fingers w/ marinara dipping sauce 3- Sun Butter & Jelly Sandwich Butter & Herb Orzo Vegetable Medley</i>	13 <i>1-Bbq Beef sandwich 2-Roasted Veggie & Cheese Wrap 3-Hot Bbq Turkey & Cheddar Sandwich/ Kaiser Roll House Made Kettle Chips Steamed seasoned peas & carrots</i>
16 <i>1-Cream of Chicken w/ Biscuit 2-Broccoli & Cheese Frittata 3-Turkey & Cheese sandwich Herbed Wild Rice Steamed Broccoli</i>	17 <i>1-Three Cheese Pizza Pinwheels w/ Marinara dipping sauce 2-Cheese Tortellini w/ fresh Tomatoes & Pesto Cream 3-Hot Ham & Cheese Croissant Roasted cauliflower</i>	18 <i>1-Roast Pork Loin Au Jus 2-Vegetable Stromboli 3-Chicken & Cheese wrap Couscous Pilaf Mixed Vegetables</i>	19 <i>1- Holiday Turkey w/ Pan Gravy 2-Maple Glazed Acorn Squash 3-Sun Butter & Jelly Sandwich Mashed Potatoes Sauteed Green Beans</i>	20 <i>1-Beefaroni 2-Eggplant Meatballs w/ Marinara/ Pasta Side 3-Chicken Parmesan sandwich Yellow Squash w/ Grape Tomatoes Dinner Roll</i>
23 <i>1-Baked Herb Chicken 2-Bbq Cauliflower Bites 3-Turkey & Cheese Sandwich Macaroni & Cheese Vegetable Medley</i>	24 <i>1-Slow Roasted Beef w/ Brown gravy 2-Vegetable Quiche 3-Hot Ham & Cheese Croissant Sandwich Butter & Herb rice Honey Thyme Carrots</i>	25 <i>No school</i>	26 <i>No school</i>	27 <i>No school</i>
30 <i>1-Stadium Brats 2-Veggie quesadilla 3-Turkey & Cheese Sandwich Ranch Seasoned Kettle Chips Mixed Vegetables</i>				