



Pembroke Hill Lower School Menu February 2021

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|---|--|--|---|
| 1 1-Roasted Jerk Chicken 2-Vegetarian Louisiana Gumbo 3-Turkey & Cheese sandwich Spiced Tomato Rice Braised Greens | 2 1-Southwest Shredded beef taco w/ Salsa & Sour Cream 2-Baked Veggie & Cheese Burrito 3-Hot Ham & Cheese Croissant Tex Mex Couscous Chili Spiced Pinto Beans | 3 1-Sausage & Cheese Breakfast Biscuit 2-Baked Vegetarian Denver Omelet 3-Chicken & Cheese wrap Hash Brown Potatoes Rustic Cinnamon Applesauce | 4 1-Penne w/ Meat Sauce 2-Penne w/ Marinara Sauce 3-Sun Butter & Jelly Sandwich Seasoned Vegetable Medley Garlic Toast | 5 Super Bowl Menu 1-Honey Bbq Boneless Chicken "wings" 2-Caprese Flat Breads 3-Meatball Slider Ranch Seasoned Baked Potato Wedges Steamed Seasoned Broccoli |
| 8 1-Chili Frito Pie 2-Vegetarian Three Bean Chili Frito Pie 3-Turkey & Cheese sandwich Butter & Herb rice Mixed vegetables | 9 National Pizza Day 1-Cheese Pita Pizza 2-Margherita Focaccia Pizza 3-Hot Ham & Cheese Croissant Seasoned Vegetable Medley | 10 1-Bbq Brisket 2-Corn & Veggie Spoon Bread 3-Chicken & Cheese wrap Mac & Cheese Baked Beans | 11 1-Chicken Fried Rice 2-Sweet & Sour Cauliflower / veggie fried rice side 3-Sun Butter & Jelly sandwich Veggie egg rolls Asian Blend vegetables w/ ginger & Garlic | 12 In Service Day |
| 15 No School | 16 1-Beefaroni 2-Eggplant Parmesan 3-Hot Ham & Cheese Croissant Sauteed squash Medley Garlic Breadsticks | 17 1-Baked cod w/ crumb Topping 2-Three Cheese Quiche 3-Chicken & Cheese wrap Wild Rice Pilaf Steamed Seasoned Carrots | 18 1-Bbq Spiced Baked Chicken 2-Spinach & Cheese Stromboli 3-Sun Butter & Jelly Sandwich Roasted Rosemary & Garlic Potatoes Seasoned Broccoli | 19 1-Beef Soft Tacos 2-Black Bean Chipotle Cauliflower Taco 3-Filet-O-Fish Sandwich w/ American Cheese Southwest Rice Mexican Vegetable Blend |
| 22 1-Stadium Brats 2-Vegetable Quesadilla 3-Turkey & Cheese sandwich House Made Kettle Chips Vegetable Medley | 23 1-Ravioli Lasagna w/ Ground Beef 2-Rigatoni w/ Broccoli & Alfredo sauce 3-Hot Ham & Cheese Croissant Roasted Cauliflower | 24 1-Roast Turkey Au Jus 2-Vegetable Frittata 3-Chicken & Cheese Wrap Whipped Yukon Gold Potatoes Steamed Seasoned Peas | 25 1-Italian Style Pot Roast 2-Spinach & Ricotta Puff Pastry Rolls 3-Sun Butter & Jelly Sandwich Bruschetta Rice Sauteed Green Beans | 26 1-Crispy Southern Fried Boneless Skinless Chicken Breast 2-"Akara" Black Eyed Pea Fritters 3-Tuna Melt on Wheat Mashed Sweet Potatoes Thyme Roasted Glazed Baby carrots |