



**Pembroke Hill Lower School Menu October 2021**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>*Option #3 for Kindergarten, 1<sup>st</sup> &amp; 2<sup>nd</sup> grade only</b>				<b>1</b> <b>1-Herb Roasted Chicken</b> <b>2-Veggie Quiche</b> <b>3-Cheese Sandwich</b> <b>Rotini w/ Spinach &amp;</b> <b>Tomato</b> <b>Glazed Baby Carrots</b>
<b>4</b> <b>1-Beef Hamburger</b> <b>2-House Made Veggie Burger</b> <b>3-Turkey &amp; Cheese Sandwich</b> <b>Oven fries</b> <b>Molasses Baked Beans</b>	<b>5</b> <b>1-Baked Pasta w/ Marinara</b> <b>&amp; Italian Cheese Blend</b> <b>2-Chicken &amp; Rice Stuffed</b> <b>Peppers</b> <b>3-Hot Ham &amp; Cheese/ Brioche</b> <b>Roll</b> <b>Chef's Salad w/ Vinaigrette</b> <b>Squash Medley</b> <b>Dinner Roll</b>	<b>6</b> <b>1-Honey Mustard Glazed</b> <b>Pork Loin</b> <b>2-Vegetable Flatbread</b> <b>3-Chicken &amp; Cheese</b> <b>Quesadilla</b> <b>Rice Pilaf</b> <b>Steamed Broccoli</b>	<b>7</b> <b>1-Southern Fried</b> <b>Chicken Breast</b> <b>2-Parmesan Zucchini</b> <b>Bites w/ Marinara</b> <b>Dipping Sauce</b> <b>3-SB &amp; J Sandwich</b> <b>Mashed Potatoes</b> <b>Cream Gravy</b> <b>Sauteed Green Beans</b>	<b>8</b> <b>1-Ravioli Lasagna w/</b> <b>Ground Beef</b> <b>2-Spinach &amp; Cheese</b> <b>Cannelloni</b> <b>3-Cheese Sandwich</b> <b>Caesar Salad</b> <b>Vegetable Medley</b> <b>Garlic Toast</b>
<b>11</b> <b>In Service Day</b>	<b>12</b> <b>Fish &amp; Chips</b> <b>1-Battered Cod</b> <b>2-Zucchini &amp; Cheddar</b> <b>Hushpuppies</b> <b>3-Hot Ham &amp; Cheese/ Brioche</b> <b>Roll</b> <b>Dill Seasoned Steak Fries</b> <b>Cole Slaw</b>	<b>13</b> <b>1-Italian Baked Chicken</b> <b>Tenders</b> <b>2-Spaghetti Squash</b> <b>Casserole</b> <b>3-Chicken &amp; Cheese</b> <b>Quesadilla</b> <b>Penne w/ Alfredo Sauce</b> <b>Roasted Carrots</b>	<b>14</b> <b>1-Sausage &amp; Cheese</b> <b>Breakfast Biscuit</b> <b>2-Egg &amp; Cheddar Omelet</b> <b>w/ Sauteed Veggies</b> <b>3-SB &amp; J Sandwich</b> <b>Potatoes O'Brien</b> <b>Pumpkin Applesauce</b>	<b>15</b> <b>1-Beef Soft Taco</b> <b>2-Refried Bean &amp; Cheese</b> <b>Taquito</b> <b>3-SB &amp; J Sandwich</b> <b>Southwest Rice</b> <b>Mexican Succotash</b>
<b>18</b> <b>1-French Dip Sandwich w/</b> <b>Cola Braised Brisket</b> <b>2-Caprese Quesadilla w/</b> <b>Tomato Basil &amp; Mozzarella</b> <b>3-Turkey &amp; Cheese Sandwich</b> <b>Ranch Seasoned Kettle Chips</b> <b>Roasted Cauliflower</b>	<b>19</b> <b>1-Shredded Chicken Nachos</b> <b>2- Corn &amp; Black Bean</b> <b>Nachos</b> <b>3-Hot Ham &amp; Cheese/ Brioche</b> <b>Roll</b> <b>Tex Mex Couscous</b> <b>Zucchini w/ Tomato &amp; Cumin</b>	<b>20</b> <b>1-Rigatoni w/ Meat sauce</b> <b>2-Rigatoni w/ Marinara</b> <b>3-Chicken &amp; Cheese</b> <b>Quesadilla</b> <b>Italian Salad</b> <b>Vegetable Medley</b> <b>Garlic Toast</b>	<b>21</b> <b>1-Traditional French</b> <b>Toast w/ Maple Syrup</b> <b>2-Scrambled Eggs</b> <b>3-Sun Butter &amp; Jelly</b> <b>Sandwich</b> <b>Turkey Sausage Links</b> <b>Hash Brown Potato</b> <b>Spiced Rustic Applesauce</b>	<b>22</b> <b>1-Chicken Pot Pie w/</b> <b>Cheddar Biscuits</b> <b>2-Baked Stuffed</b> <b>Tomatoes w/ Herbs</b> <b>3-Cheese Sandwich</b> <b>Wild Rice Pilaf</b> <b>Steamed Green Beans</b>
<b>25</b> <b>1-Sloppy Joe</b> <b>2-Vegetable Stromboli</b> <b>3-Turkey &amp; Cheese Sandwich</b> <b>Roasted Potatoes</b> <b>Steamed Peas</b>	<b>26</b> <b>Asian Culture Day</b> <b>1-Honey Soy Chicken Tenders</b> <b>2-Vegetable Egg Foo Young</b> <b>3-Hot Ham &amp; Cheese/ Brioche</b> <b>Roll</b>	<b>27</b> <b>1-Roasted Turkey w/ Sage</b> <b>&amp; Rosemary</b> <b>2-Vegetable Gratin</b> <b>3-Chicken &amp; Cheese</b> <b>Quesadilla</b>	<b>28</b> <b>African Culture Day</b> <b>1-South African Stewed</b> <b>Beef w/ Flatbread</b> <b>2-"Akara" West African</b> <b>Bean Fritters</b>	<b>29</b> <b>1-Bbq Chicken</b> <b>2-Butternut &amp; Gruyere</b> <b>Frittata</b> <b>3-Cheese Sandwich</b> <b>Macaroni &amp; Cheese</b>

	<i>Steamed White Rice Bok Choy &amp; Carrots w/ Garlic &amp; Ginger</i>	<i>Whipped Potatoes Steamed Broccoli</i>	<i>3-Sun Butter &amp; Jelly Sandwich Yellow Rice North African Spiced Vegetable Medley</i>	<i>Apple Slaw w/ Maple Cider Vinaigrette</i>
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