



**Pembroke Hill Upper School Menu October 2021**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<b>1</b> <i>Burgers, Tater Tots,            Cheesy Corn, Black Bean            Burgers            Chicken Fingers,            Mashed Potatoes, Green            Beans            Tuna Salad with Mixed            Greens and Flat Bread</i>
<b>4</b> <i>Pizza Day!            Bread Stick            Steamed Broccoli</i>  <i>Loaded Mac and Cheese            Steamed Asparagus</i>	<b>5</b> <i>Chicken Pad Thai            Tofu Pad Thai            Steamed Snow Peas</i>  <i>Pork Fried Rice with            Chicken Egg Roll</i>	<b>6</b> <i>Ground Beef Tacos            Black Bean Enchiladas            Spanish Rice            Roasted Corn and            Peppers</i>  <b><i>Bowl'd Shrimp Poke Bowl</i></b>	<b>7</b> <i>French Dip with            Provolone and AuJus            Parmesan Zucchini            Sticks with Marinara            French Fries            Steamed Broccoli</i>  <i>Shrimp and Cheesy Grits            Steamed Green Beans</i>	<b>8</b> <i>Chicken and Vegetable            LoMein with Egg Drop            Soup            Asian Vegetable Blend</i>  <i>Chicken Curry over            Basmati Rice            Vegetable Medley and            Naan Flat Bread</i>
<b>11</b> <i>In-Service Day</i>  <i>Pesto and Provolone Stuffed            Pork Loin with Pan Sauce            Served with Roasted Garlic            and Mascarpone Mashed            Potatoes and Roasted            Brussel Sprouts with Bacon            and Garlic            Wild Mushroom Bread            Pudding with Mushroom            Gravy and Green Beans            Sauteed with Onion, Garlic            and Cherry Tomatoes</i>  <i>Pumpkin Pie Served with            Pumpkin/Maple Ice Cream</i>	<b>12</b> <i>Herb Roasted Bone-in            Chicken with Pan Jus            And Stuffing            Fall Vegetable Gratin            Sauteed Green Beans with            Roasted Cherry Tomatoes</i>  <i>Chicken and Rice Casserole            with Honey and Thyme            Glazed Carrots</i>	<b>13</b> <i>Chicken Fajitas with            Fajita Vegetables            Creamy Fiesta Bean and            Cheese Chimichangas            Spanish Rice</i>  <i>Swedish Meatballs over            Egg Noodles and            Vegetable Medley</i>	<b>14</b> <i>Carolina Pulled Pork or            BBQ Pulled Jackfruit            Sandwich with Coleslaw            Baked 3 Cheese Mac            Brussel Sprouts</i>  <i>Beef Broccoli Over            Jasmine Rice Eggroll</i>	<b>15</b> <i>Boneless Buffalo Wings            with Blue Cheese or            Ranch Dip</i> <b><i>Edamame Mushroom            Burger</i></b> <i>French Fries            Coleslaw</i>  <i>Butter Chicken, Rice,            Naan</i>

<p>18</p> <p><i>Breakfast for Lunch</i>  <i>Scrambled Eggs, O'Brian</i>  <i>Potatoes, Bacon, French</i>  <i>Toast, Fruit Salad</i>  <i>Biscuits and Sausage Gravy</i></p> <p><i>Chicken Parmesan over</i>  <i>Spaghetti and Broccoli</i></p>	<p>19</p> <p><i>Chicken Pot Pie with</i>  <i>Cheddar Biscuits and</i>  <i>Mashed Potatoes</i>  <i>Stuffed Acorn Squash</i>  <i>Honey and Herb Roasted</i>  <i>Carrots</i>  <i>Fish and Chips</i>  <i>Battered Cod with Seasoned</i>  <i>Steak Fries, Coleslaw,</i>  <i>Tartar Sauce and Lemon</i>  <i>Wedge</i></p>	<p>20</p> <p><i>Spaghetti with Meat</i>  <i>Sauce or Eggplant</i>  <i>Parmesan, Sauteed</i>  <i>Broccoli and Cauliflower</i>  <i>Bread Stick.</i></p> <p><i>Grilled Chicken</i>  <i>Sandwich, Topping</i>  <i>Options: Avocado Spread,</i>  <i>Chipotle Aioli, Provolone,</i>  <i>Bacon, Lettuce and</i>  <i>Tomato</i>  <i>Corn on the Cobb</i>  <i>Topped with Herb Butter</i></p>	<p>21</p> <p><i>BBQ Mac and Cheese</i>  <i>with Pork Burnt Ends</i>  <i>Vegetable Frittata</i>  <i>Tex Mex Corn</i></p> <p><i>Chicken Quesadilla</i>  <i>Spanish CousCous,</i>  <i>Black Beans</i></p>	<p>22</p> <p><i>Chicken Tenders</i>  <i>Tofu Tenders</i>  <i>Ranch Seasoned Tater</i>  <i>Tots</i>  <i>Roasted Green Beans</i>  <i>Honey Mustard Glazed</i>  <i>Pork Chop Herb Roasted</i>  <i>Potatoes</i></p>
<p>25</p> <p><i>Shrimp and Chicken Gumbo</i>  <i>Red Beans and Dirty Rice</i>  <i>Spicy Cajun Cream Penne</i></p> <p><i>Mixed Vegetables with</i>  <i>Steamed Corn and Peppers</i></p> <p><i>Sweet and Sour Chicken</i>  <i>Over Jasmine Rice and</i>  <i>Eggroll</i></p>	<p>26</p> <p><i>Pumpkin Day!</i>  <i>Sliced Oven Roasted Turkey</i>  <i>over Mashed Potatoes and</i>  <i>Oven Roasted Cauliflower</i>  <i>and</i>  <i>Balsamic Roasted Pumpkin</i>  <i>and Brussel Sprouts!</i></p> <p><i>Vegetable Cheese Pastry</i>  <i>Cups</i></p> <p><i>Chicken Alfredo over Pasta</i>  <i>And Oven Roasted Squash</i></p>	<p>27</p> <p><i>Bake Potato Day!</i>  <i>Topping Options: Beef</i>  <i>and Vegetarian Chili,</i>  <i>Steamed Broccoli, Sour</i>  <i>Cream, Green Onion,</i>  <i>Shredded Cheese, Butter</i></p> <p><i>Thai Chicken Lettuce</i>  <i>Wraps, Pad Thai Noodles,</i></p>	<p>28</p> <p><i>Beef Nachos!</i>  <i>Ground Beef, Cheese</i>  <i>Sauce, Homemade Salsa</i>  <i>and Guacamole, Sour</i>  <i>Cream, Black Olives,</i>  <i>Jalapenos</i></p> <p><i>Black Bean Vegetable</i>  <i>Nachos</i></p> <p><i>Panang Chicken Curry</i>  <i>over Basmati Rice and</i>  <i>Naan Flat Bread</i></p>	<p>29</p> <p><i>Pizza Day!</i>  <i>Cheese, Pepperoni, or</i>  <i>BBQ Chicken Pizzas</i></p> <p><i>Roasted Chipotle BBQ</i>  <i>Bat Wings</i>  <i>Steak Fries</i>  <i>Vegetable Medley</i></p> <p><i>Scary Spinach, Sweet</i>  <i>Potato, Apple Cranberry</i>  <i>Salad</i></p>

**PROMOTIONAL ITEMS**