



Pembroke Hill Lower School Menu January 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3</p> <p><i>1-Sloppy Joe</i> <i>2-Veggie & Cheese Quesadilla</i> <i>3-Turkey & Cheese Sandwich</i> <i>Steak Fries</i> <i>Mixed Vegetables</i></p>	<p>4</p> <p><i>1-Rigatoni w/ Marinara & Italian Cheese</i> <i>2-Turkey & Broccoli Alfredo</i> <i>Stromboli</i> <i>3-Hot Ham & Cheese/ Brioche Roll</i> <i>Italian Salad w/ Vinaigrette</i> <i>Roasted Cauliflower</i></p>	<p>5</p> <p><i>1-Rosemary Parmesan Breaded Boneless Pork Chop</i> <i>2-Spinach & Swiss Cheese Quiche</i> <i>3-Chicken & Cheese Quesadilla</i> <i>Herbed Rice Pilaf</i> <i>Seasoned Baby Carrots</i></p>	<p>6</p> <p><i>1- Bananas Foster Baked French Toast</i> <i>2-Egg & Cheddar Omelet w/ Sauteed Veggies</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Turkey Sausage</i> <i>Hash Brown Potatoes</i> <i>House Made Applesauce</i></p>	<p>7</p> <p><i>1-Honey Bbq Chicken</i> <i>2-Bbq Chickpea & Cauliflower Flatbread</i> <i>3-Cheese Sandwich</i> <i>Macaroni & Cheese</i> <i>Baked Beans</i></p>
<p>10</p> <p><i>1-Cheese Tortellini w/ Marinara</i> <i>2-Beef & Rice Stuffed Peppers w/ Red Sauce</i> <i>3-Turkey & Cheese Sandwich</i> <i>Garden Salad</i> <i>Vegetable Medley</i> <i>Garlic Breadsticks</i></p>	<p>11</p> <p><i>1- Buttermilk Fried Chicken Breast</i> <i>2-Southern Tomato Pie</i> <i>3-Hot Ham & Cheese/ Brioche Roll</i> <i>Mashed Potatoes</i> <i>Cream Gravy</i> <i>Roasted Green Beans</i></p>	<p>12</p> <p><i>1-Crunchy Beef Tacos</i> <i>2-Black Bean & Sweet Potato Taquitos</i> <i>3-Chicken & Cheese Quesadilla</i> <i>Tex Mex Quinoa</i> <i>Refried Beans</i></p>	<p>13</p> <p><i>1-Stadium Brats</i> <i>2-Eggplant & Mozzarella Sandwich/ Ciabatta Roll</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Potato Wedges</i> <i>Steamed broccoli</i></p>	<p>14</p> <p><i>1-Chicken & Broccoli Stir Fry</i> <i>2-Sweet & Sour Tofu</i> <i>3-Cheese Sandwich</i> <i>Steamed rice</i> <i>Asian Vegetables w/ Ginger & Garlic</i></p>
<p>17</p> <p><i>No School</i></p>	<p>18</p> <p><i>1-Baked Pepperoni Pizza Pasta</i> <i>2-Roasted Zucchini Parmesan</i> <i>3-Hot Ham & Cheese/ Brioche Roll</i> <i>Caesar salad</i> <i>Vegetable Medley</i> <i>Garlic Toast</i></p>	<p>19</p> <p><i>1-Pot Roast w/ Pan Gravy</i> <i>2-Baked Stuffed Tomatoes</i> <i>3-Chicken & Cheese Quesadilla</i> <i>Sour Cream & Chive Potatoes</i> <i>Honey Thyme Carrots</i></p>	<p>20</p> <p><i>1-Sauteed Lemon Chicken</i> <i>2-Broccoli & Cheddar Frittata</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Bruschetta Rice w/ Tomatoes & Pesto</i> <i>Squash Medley</i></p>	<p>21</p> <p><i>1-Hot Turkey & Cheese Croissant</i> <i>2-Spinach, Roasted Red Pepper Hummus & Italian Cheese Pizza on Cauliflower Crust</i> <i>3-Cheese Sandwich</i> <i>Ranch Seasoned Kettle Chips</i> <i>Sauteed Green Beans</i></p>
<p>24</p> <p><i>1- Roasted Montreal Seasoned Chicken</i> <i>2-Vegetable Strudel</i> <i>3-Turkey & Cheese sandwich</i> <i>Butter & Herb Rice</i> <i>Mixed Vegetables</i></p>	<p>25</p> <p><i>1-Spaghetti w/ Meat Sauce</i> <i>2-Spaghetti w/ House Made Marinara</i> <i>3-Hot Ham & Cheese/ Brioche</i> <i>Roll</i> <i>Garden Salad w/ Vinaigrette</i> <i>Steamed Broccoli</i> <i>Focaccia Bread</i></p>	<p>26</p> <p><i>1-Sausage & Cheese Breakfast Biscuit</i> <i>2-Scrambled Eggs</i> <i>3-Chicken & Cheese Quesadilla</i> <i>Potatoes O'Brien</i> <i>Peach Applesauce</i> <i>Apple Cinnamon oatmeal</i></p>	<p>27</p> <p><i>1-Chicken Soft Tacos</i> <i>2-Street Corn & Black Bean Soft Taco</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Mexican Rice</i> <i>Cilantro Lime Slaw</i></p>	<p>28</p> <p><i>1-Bbq Brisket Sandwich</i> <i>2-Zucchini & Quinoa Fritter</i> <i>3-Cheese Sandwich</i> <i>Garlic & Herb Baked Potato Halves</i> <i>Brown Sugar Baked Beans</i></p>

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**1-Chicken Pot Pie w/
Cheddar Biscuits**

2-Vegetable Frittata

3-Turkey & Cheese Sandwich

Rice Pilaf

Steamed Green Beans

*****Choice # 3 is for
Kindergarten, 1st & 2nd
grade only *****