



*Pembroke Hill Lower School Menu February 2022*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>**Choice #3 is for Kindergarten, 1<sup>st</sup> &amp; 2<sup>nd</sup> grade only**</b></p>	<p><b>1</b>  <b>“Chinese New Year”</b>            1-Chinese Pepper Steak Stir Fry            2-General Tso’s Cauliflower w/ Edamame            3-Hot Ham &amp; Cheese/ Brioche Roll            Steamed Jasmine Rice            Asian Vegetable Blend</p>	<p><b>2</b>            1-Herb Crusted Pork Loin            2-Vegetable Stromboli            3-Chicken &amp; Cheese Quesadilla            Orzo w/ Pesto &amp; Tomato            Buttered Baby Carrots</p>	<p><b>3</b>            1-Lemon &amp; Garlic Roasted Chicken            2-Parmesan Squash Bake            3-Sun Butter &amp; Jelly Sandwich            Sour Cream &amp; Chive Potatoes            Seasoned Broccoli</p>	<p><b>4</b>            1-South African Stewed Beef w/ Flatbread            2-Zucchini &amp; Lentil Fritters            3-Cheese Sandwich            Yellow Rice            Braised Vegetable Medley</p>
<p><b>7</b>            1-Beefaroni            2-Eggplant Romano            3-Turkey &amp; Cheese Sandwich            Caesar Salad            Squash Medley            Garlic Bread</p>	<p><b>8</b>            1-Roasted Turkey w/ Pan Gravy            2-Broccoli Cheddar Strudel            3-Hot Ham &amp; Cheese/ Brioche Roll            Mashed Potatoes            Honey Thyme Carrots</p>	<p><b>9</b>  <b>“National Pizza Day”</b>            1-Four Cheese Pizza            2-Chicken Bacon Ranch Pizza            3-Chicken &amp; Cheese Quesadilla            Italian Salad w/ Vinaigrette            Green Beans w/ Grape Tomatoes</p>	<p><b>10</b>            1-Beef Soft Tacos            2-Layered Mexican Veggie &amp; Bean Enchilada Casserole            3-Sun Butter &amp; Jelly Sandwich            Tex Mex Rice            Citrus Slaw w/ Pineapple &amp; Jicama</p>	<p><b>11</b>  <b>“Super Bowl Menu”</b>            1-Boneless Honey Mustard Chicken “Wings”            2-Spinach Dip Flatbread            3-Cheese Sandwich            Seasoned Potato Wedges            Roasted Cauliflower Bites</p>
<p><b>14</b>            1-Sloppy Joe            2-Roasted Veggie &amp; Cheese Wrap            3-Turkey &amp; Cheese sandwich            House Made Kettle Chips            Peas &amp; Carrots</p>	<p><b>15</b>            1-Bbq Spiced Chicken Drumsticks            2-Veggie Quiche            3-Hot Ham &amp; Cheese/ Brioche Roll            Buttered Noodles            Vegetable Medley</p>	<p><b>16</b>            1-Slow Cooked Teriyaki Glazed Brisket            2-Broccoli &amp; Tofu w/ Thai Sauce            3-Chicken &amp; Cheese Quesadilla            Veggie Fried Rice            Bok Choy &amp; Carrots w/ Ginger &amp; Garlic</p>	<p><b>17</b>            1-Italian Sausage Sub w/ Sauteed Peppers &amp; Onions            2-Caprese Sandwich w/ Tomato, Basil &amp; Mozzarella/ Ciabatta Roll            Steak Fries            Seasoned Squash Medley</p>	<p><b>18</b>            In Service Day</p>
<p><b>21</b>            No School</p>	<p><b>22</b>            1-Cheese Ravioli            2- Chicken Cannelloni Margherita            3- Hot Ham &amp; Cheese/ Brioche Roll            Garden Salad            Vegetable Medley</p>	<p><b>23</b>            1-Glazed Ham w/ Pineapple &amp; Cherries            2-Apple &amp; Sweet Potato Galette            3-Chicken &amp; Cheese Quesadilla            Butter &amp; Herb Rice</p>	<p><b>24</b>  <b>“Fish &amp; Chips”</b>            1-Battered Cod Strips            2-Chickpea Cakes            3-Sun Butter &amp; Jelly Sandwich            French Fries            Creamy Cole Slaw</p>	<p><b>25</b>            1-Italian Breaded Chicken Thighs            2-Veggie Stuffed Squash            3-Cheese Sandwich            Pasta Primavera            Roasted Baby Carrots</p>

		<i>Sauteed Green Beans</i>		
<p>28 <i>1-Baked Potato w/ Beef Chili</i> <i>2-Baked Potato w/ Three Bean Chili</i> <i>3-Turkey &amp; Cheese Sandwich</i> <i>Steamed Broccoli</i> <i>Cheese Sauce</i> <i>Toppings Bar</i></p>				