



Pembroke Hill Upper School Menu April 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2</p> <p><i>Carolina Pulled Pork Sandwich BBQ Tofu Baked 3 Cheese Mac Brussel Sprouts</i></p> <p><i>Beef Broccoli Over Jasmine Rice Eggroll</i></p>	<p>3</p> <p><i>Build Your Own Baked Potato Chili, Cheese Sauce, Steamed Broccoli</i></p> <p><i>Gyro Sandwich Greek Rice Vegetable Medley</i></p>	<p>4</p> <p><i>Brisket Tacos Smoked Tofu Tacos Spanish Rice Fiesta Beans</i></p> <p><i>Cuban Sandwich Spicy Potato Spears Latin Slaw</i></p>	<p>5</p> <p><i>Baked Sausage Ziti Baked Vegetable Ziti Oven Roasted Asparagus Breadstick</i></p> <p><i>Tuscan Braised Beef Brisket Oven Roasted Red Potatoes Vegetable Medley</i></p>	<p>6</p> <p><i>Pizza Day Pepperoni or Cheese! Bread Sticks Roasted Broccoli</i></p> <p><i>Loaded Mac and Cheese!</i></p>
<p>9</p> <p><i>Beef Lo Mein Vegetable Lo Mein Pork Egg Rolls</i></p> <p><i>Cilantro Lime Chicken Burrito Bowl</i></p>	<p>10</p> <p><i>Chicken Fried Chicken Mashed Potatoes, Steamed Corn Vegetarian Shepard's Pie</i></p> <p><i>BBQ Sloppy Joes French Fries Green Beans</i></p>	<p>11</p> <p><i>Sweet and Sour Chicken</i></p> <p><i>Teriyaki Tofu Stirfry</i></p> <p><i>Jasmine Rice</i></p> <p><i>Pork Eggroll</i></p> <p><i>Finland</i></p> <p><i>Beef and Pork Hot Pot</i></p> <p><i>Mashed Potatoes</i></p>	<p>12</p> <p><i>Spaghetti with Meat Sauce or Eggplant Parmesan, Sauteed Broccoli and Cauliflower Bread Stick.</i></p> <p><i>Grilled Chicken Sandwich, Topping Options: Avocado Spread, Chipotle Aioli, Provolone, Bacon, Lettuce and Tomato Corn on the Cobb Topped with Herb Butter</i></p>	<p>13</p> <p><i>Chicken Tenders Tofu Tenders Ranch Seasoned Tater Tots Roasted Green Beans</i></p> <p><i>Sliced Roasted Beef Open Face Sandwich with Herb Roasted Potatoes and Vegetable Medley</i></p>
<p>16</p> <p><i>Spaghetti with Meat Sauce -or- Eggplant Parmesan Broccoli Bread Stick.</i></p> <p><i>BBQ Chicken Cheese Melt with Corn on the Cobb Chicken Caesar Salad. Chicken Caesar Salad</i></p>	<p>17</p> <p><i>BBQ Mac and Cheese with Pork Burnt Ends Vegetable Frittata Tex Mex Corn</i></p> <p><i>Poke Bowl</i></p>	<p>18</p> <p><i>Beef Nachos!</i></p> <p><i>Black Bean Vegetable Nachos</i></p> <p><i>Chicken Curry over Basmati Rice and Naan Flat Bread</i></p>	<p>19</p> <p><i>Creamy Chicken Fettuccini Eggplant Parmesan Buttered Noodles Broccoli Cauliflower Medley</i></p> <p><i>French Dip Tater Tot Day! Corn on the Cob</i></p>	<p>20</p> <p><i>Burgers Vegi Burgers Tots Corn on the Cob</i></p> <p><i>Breaded Cod with Rice Pilaf, Coleslaw, Tartar Sauce</i></p>

<p>23</p> <p><i>Pizza Day!</i> <i>Pepperoni, Cheese, or</i> <i>Garden Vegetable</i> <i>Vegetable Medley</i> <i>Noodle Month</i></p> <p><i>Beef Chili Dog</i> <i>Fries</i> <i>Green Beans</i></p>	<p>24</p> <p><i>Smoked Chicken Nachos</i></p> <p><i>BBQ Sloppy Joes</i> <i>French Fries</i> <i>Green Beans</i></p>	<p>25</p> <p><i>Chicken Fettucine</i> <i>Alfredo</i> <i>Eggplant Parmesan</i> <i>Steamed Broccoli</i> <i>Breadstick</i></p> <p><i>Huli Huli Pork</i> <i>Coconut/Pineapple Rice</i> <i>Vegetable Medley</i></p>	<p>26</p> <p>STAFF</p> <p><i>Rosemary Parmesan</i> <i>Breaded Pork Chop.</i> <i>Eggplant Parmesan</i> <i>Garlic Cheese Polenta</i> <i>Broccolini</i></p>	<p>27</p> <p>OFF</p>

PROMOTIONAL ITEMS